

PIXEL
BY BATTISTELLA
FROM \$330's TO \$500's
pixelcondos.ca

NEW CONDOS
IN KENSINGTON

BACK ON HIS GAME

JUST TWO WEEKS AFTER ANOTHER INJURY SCARE, TIGER WOODS DELIVERS HIS FIRST PGA TOUR VICTORY SINCE 2009

PAGE 25



CALGARY

metro

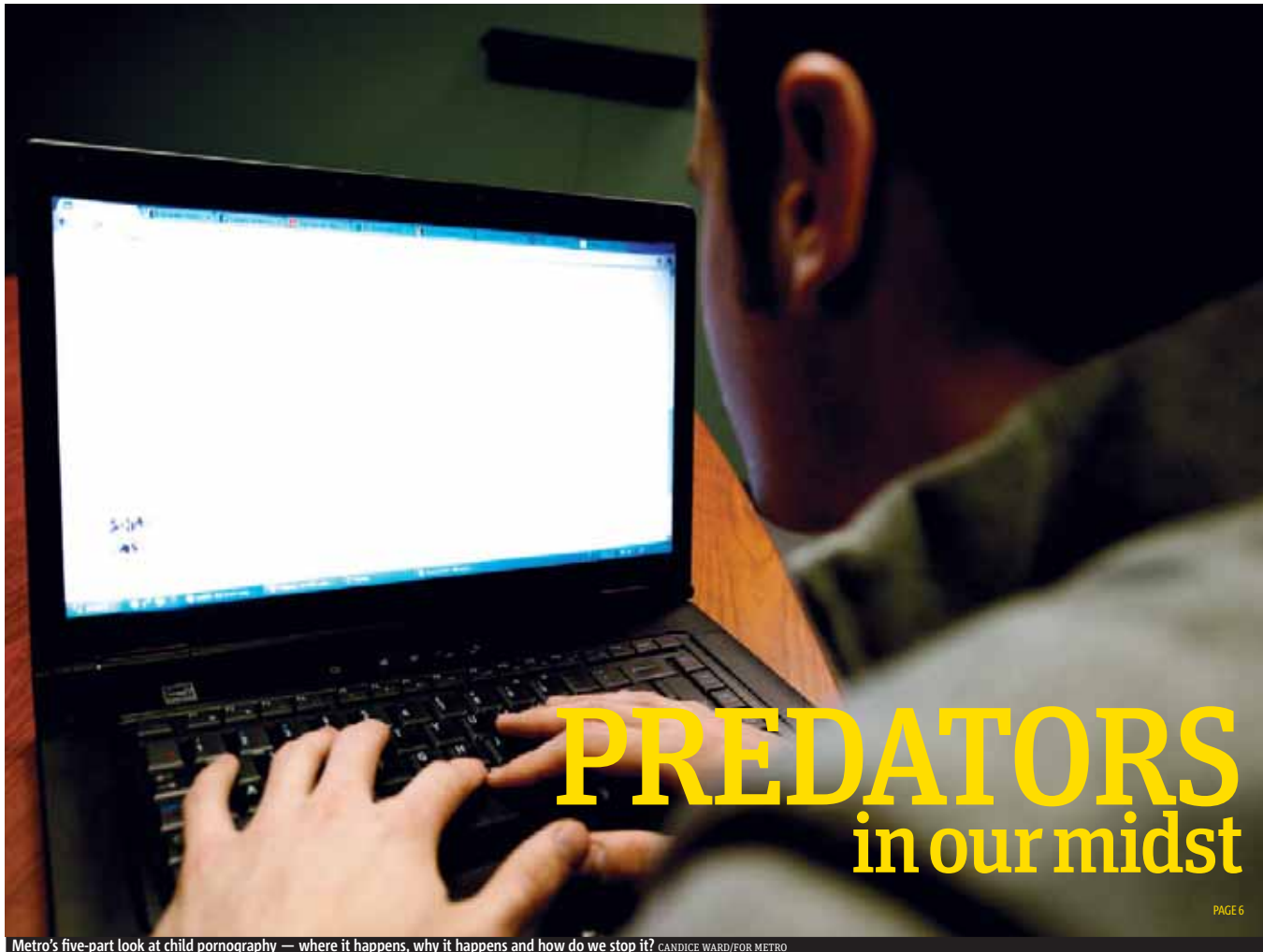
®

Monday, March 26, 2012



News worth sharing.

metronews.ca | twitter.com/metrocaltgary | facebook.com/metrocaltgary



PREDATORS in our midst

PAGE 6

Metro's five-part look at child pornography — where it happens, why it happens and how do we stop it? CANDICE WARD/FOR METRO

Body found in burned van

Police investigate suspicious death after fire crews responded to call of vehicle on fire

PAGE 3

Exercising your brain

Peter Vesterbacka, creator of Angry Birds, tells Metro of new venture: Angry Birds activity parks

PAGE 12

Fear the beard

With Thomas Mulcair's crowning as the new NDP and official Opposition leader, we offer a quick look at a history of facial hair in Canadian politics

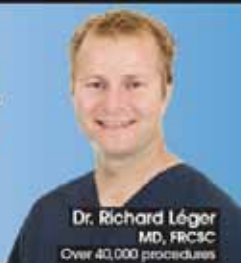
PAGE 8



2012
2013
2014
2015
2016
2017

5 YEARS TO PAY*
No \$ down

**HAVE LASIK NOW.
TAKE UNTIL 2017
TO PAY!**



LASIK MD
VISION
LASER VISION CORRECTION

Starting at
\$490
/eye*

FREE Consultation: 1-877-554-9888
www.lasikmd.com
CALGARY
734 7th Avenue SW, Suite 900



* Limited financing starting at 2.9% over 60 months. Subject to Desjardins Card Services credit approval. * Prices are subject to change without prior notice and are in Canadian dollars. ** \$1,000 Application fee. Application fee is non-refundable. Offer conditions may apply.



SKYVIEW RANCH. Experience the NEW NORTH.



No mudslinging?

Parties vow to play nice during provincial election campaign

Premier Alison Redford is expected to drop the election writ today to launch a campaign that already has the two heavyweights promising to stick to the high road.

Viewer discretion may still be advised.

If called today, voters will go to the polls on April 23 after a four-week campaign shaping up as a slugfest between Redford's Progressive Conservatives and the Wildrose party under leader Danielle Smith.

Both are chasing voters from the centre-right of the political spectrum, and the Wildrose is expected to deliver the first serious challenge in years to four decades of Tory hegemony.

Wildrose house leader Rob Anderson said that challenge starts with telling people what his party is rather than what Redford is not.

"People want a change, and we just have to make sure that our party puts a positive vision forward starting Day 1 one of the campaign," Anderson said.

"I'm pretty hopeful about this campaign. I do see it being more positive than negative."

Redford stressed recently that she, too, wants to keep things clean.

"We're going to do our very best to keep the tone of the election to one that I think Albertans expect, which is an appropriate, dignified discussion with respect to policy," she said.

"We will have Albertans judge how they want their leaders to conduct themselves. That's the point of an election."

THE CANADIAN PRESS



A burned-out car is towed from around Sikome Lake in Calgary's southeast on Sunday. Police are investigating after a body was found in the vehicle.

MEGAN MAHONEY/FOR METRO

Police hunt for clues after body found in torched van

Suspicious death. Autopsy results on the victim are expected early this week

MEGAN MAHONEY
calgary@metronews.ca

Investigators are looking into a suspicious death after a body was discovered in a charred van in Fish Creek

Park early Sunday.

Police received a call at about 6:40 a.m. from the Calgary Fire Department concerning a van on fire in the city's southeast.

Fire officials said they were tipped about the flaming vehicle by a citizen.

The vehicle was found in an area south of Sikome Lake, in Fish Creek Park.

Police arrived on scene to find the vehicle still ablaze, with a person inside.

"Once the fire was extin-

guished, a body was found inside. At this time it is an undetermined fatality," Duty Insp. Shawn Wallace said.

The car was found centered on a fixed boulder and the body was in the driver's seat, police said.

"There's not much left of that vehicle, but our investigation continues as we are in a holding pattern until the autopsy is done," Duty Insp. Darren Cave said.

"There's really not a lot of

Person unknown

- The identity and gender of the deceased has not been released.

information that we can give to the public until the autopsy is completed," he added.

Police said the autopsy could be completed today or Tuesday.

1 NEWS

On the mobile

Wonder who's leading the pack in raising awareness of animal rights? Scan the code to find out which celebrities snatched up Humane Society Genesis Awards



On the web

Outrage over teen's death grows

One month after the shooting death of 17-year-old Trayvon Martin, African-American community churches around the U.S. have amplified the cries for justice. Watch Rev. Jesse Jackson speak to a standing-room-only crowd at metronews.ca/video

Searching for a Comfortable Contact Lens?

Get a FREE
Box of Air Optix Aqua
Contact Lenses*

CIBA VISION

*Contact us for more details.

- Eye Health & Vision Examinations •
- Prescription Glasses & Sunglasses • Contact Lenses •

Visit the...

ADVANCED
eyecare centre



Main Floor, Suncor Energy Centre • 111 Fifth Avenue SW • Phone: 403 233 0405
Learn more about eyecare and our clinic at www.advancedeyecarecentre.ca

Social media. Peace Bridge quip by mayor gains Reddit fame

A quip aimed at a Peace Bridge critic landed Calgary's mayor on the front page of one of the world's biggest social-media websites over the weekend.

Naheed Nenshi responded to a tweet questioning what the much-criticized span was supposed to signify on Saturday by claiming it is generally used to cross the Bow River.

A snapshot of the exchange was posted to Reddit and had received more than 2,000 up votes and 900 com-



ments as of Sunday.
METRO

Winter's last gasp

Snowfall in the cards today

Environment Canada is forecasting that Calgary will see between 10 and 20 centimetres of snow by Monday night.

Precipitation is expected to begin as freezing rain Monday morning and move on to become heavy snow later in the day.

The city's snow-route parking ban takes place if more than five centimetres stay on the ground.

METRO

\$150,000 allotted

Provincial funds to aid search-and-rescue

Search-and-rescue efforts in Alberta will be getting help from the provincial government with \$150,000 going to 17 different search-and-rescue teams.

The money will go to providing better training for volunteers as well as the acquirement of up-to-date equipment that will aid in rescues.

METRO

Alleged DUI. Driver detained by police after crashing into tree

An alleged drunk driver was taken into police custody early Sunday morning, after crashing his vehicle into a tree on the corner of Memorial Drive and Barlow Trail Southeast.

When police and fire crews arrived on scene, they found two passengers trapped inside the vehicle.

The passengers were

taken to hospital and were said to have non-life-threatening injuries.

The driver of the vehicle attempted to flee on foot but was apprehended by police soon after.

The driver is said to have outstanding warrants for his arrest, but charges have not yet been laid.

METRO



Calgarians enjoy the city's newest architectural fixture Sunday despite the gloomy weather. ERIC FRASER/FOR METRO

Peace Bridge +1: The day after the opening

Bridging the gap.

Calgarians seems to be warming to the bridge, despite cost and delays

Reviews roll in

"Didn't see the point of it at first, but having it here isn't doing any harm."

Chris Thompson, who took his inaugural trip across the Peace Bridge yesterday

Peace Bridge over the weekend.

Braving the frosty weather on Sunday morning, Chris Thompson and his dog took their inaugural trip across the \$25-million pedestrian bridge.

"Didn't see the point of it at first, but having it here isn't doing any harm and it may be better in the long run," Thompson said.

Like a lot of Calgarians, Carol Grady and Derrick Staples wanted to see the bridge

first-hand before any judgment was passed.

"I thought it was too modern for the downtown, but I have since changed my mind," Grady said of the new bridge's aesthetics.

"I think it's definitely worthwhile having in Calgary. It's a nice bridge, it's a nice piece of architecture," Staples said.

"(But) I would like to see more of it done by local companies. I think a lot of people do as well."

BLUE LIGHT SPECIAL SALE!

MARCH/APRIL 31 TO 1

SPECIALIZED '10 SPECIALIZED P3

\$1,829.99

\$999.99

SUNDAY APRIL 1

10:00AM UNTIL 12:00PM

HERE'S JUST A SAMPLE OF OUR MANY HOURLY SPECIALS!

VISIT BOWCYCLE.COM FOR OUR FULL LIST OF

BLUE LIGHT SPECIALS & WEEK-LONG SALE ITEMS

403.288.5422
6501 BOWNESS RD NW
BOWCYCLE.COM

#1 GM DEALER IN CANADA

AUTOSHOW BLOWOUT

ENDS MARCH 31, 2012



C120455

2012 CHEVROLET
SILVERADO 1500 LS EXT. CAB
4WD, 4.8L V8, AUTO, A/C, ONSTAR, PWR WINDOWS & LOCKS



\$27,730 **\$170** B/W
\$12,000 OFF \$0 DOWN



2012 CHEVROLET
EQUINOX LS

AUTO, A/C, ONSTAR, PWR WINDOWS & LOCKS, ABS

\$26,900 **\$173** B/W
\$0 DOWN



C120614

PAYMENTS ARE O.A.C. SILVERADO @ 3% FOR 84 MONTHS; EQUINOX @ 0% FOR 72 MONTHS. TAXES AND FEES NOT INCLUDED. ERRORS AND OMISSIONS EXEMPT. VEHICLE MAY NOT BE EXACTLY AS SHOWN.



1313 36 St. NE, Calgary, AB T2A 6P9
403-207-1000 www.cmpauto.com



REBUILD YOUR CREDIT BANKRUPTCY
DIVORCE
NO CREDIT
BAD CREDIT
403-207-1011
www.calgaryautofinancing.com



AMVIC LICENSED



FOLLOW US FOR NEWS, EVENTS, SPECIALS, PRIZES:



FREE MOBILE APP:



'It really blows your mind'

Child pornography traced to thousands of Alberta computers, 24 hours a day, seven days a week

Part 1 of a five-part series

Predators in our midst: Metro's five-part look at child pornography — where it happens, why it happens and how we can stop it

Tuesday: 'My father is the devil' — why child porn offenders are the way they are

Wednesday: 'Lives are being ruined' — sexual abuse takes unshakeable toll on victims

Thursday: 'Wake up' — how the community can stop predators

Friday 'Time for change' — Government officials advocate to fight predators



JEREMY NOLAS
jeremy.nolas@metronews.ca

Child pornography knows no geographical boundaries.

The predators downloading it, accessing it and, in some cases, even creating it are found in seemingly every Alberta community, says the head of the province's southern Internet Child Exploitation Unit.

"I'm not sure people are really aware of how big of an issue this has become," Sgt. Steven Lorne said. "As technology has advanced, so have the predators. It really blows your mind when you think about it."

Using software that tracks peer-to-peer file sharing, Lorne and his team of 13 fellow in-



Steve Lorne of the Alberta Law Enforcement Response Team's Internet Child Exploitation Unit spends his days battling child predators in an infinitely growing world known as cyberspace. CANDICE WARD/FOR METRO

vestigators are able to mark specific pornographic content involving children and determine where it's being accessed via Internet Protocol (IP) addresses.

To illustrate just how big the child-predator market is, Lorne goes through a snapshot in time of the child-porn sharing occurring in Alberta on an average midweek afternoon.

As he scrolls over Calgary,

the program flags tens of thousands of IP addresses — similar numbers are seen in Edmonton.

In smaller communities the problem is also present, as the peer-to-peer program records more than 100 addresses from Lethbridge and handfals in even smaller communities like Magrath and Blackfalds.

Recently, the proliferation of child porn has also

received attention in the federal spotlight, as the Conservative government attempted to pass Bill C-30 last month.

The bill would require Internet service providers to turn over client information to law enforcement without a warrant.

The proposal was met with sharp criticism and eventually moved onto a parliamentary committee for retooling.

But not before federal Public Safety Minister Vic Toews accused opponents of siding with child pornographers.

Toews later said in an interview with Metro his comments were made purely out of passion for progress in a fight he believes Canada is losing.

"This about protecting the most vulnerable members of our society — children," he said.

High-profile cases

Numerous members of society entrusted with helping others have been convicted of, or have pleaded guilty to, accessing and distributing child pornography in recent months.

- **Daniel Clayton.** A 30-year-old corporate-security expert and former British special forces member, Clayton was convicted by a Calgary judge earlier this month of distributing child pornography despite repeated claims that his computer had been hacked. He faces a minimum one-year sentence. Clayton's company, Diligence, is said to have previously assisted with aid efforts in Haiti, Indonesia and other areas.
- **Curtis David Paradee.** Four months into his term as chair of the Taber Police Commission, Paradee, 42, was charged with accessing child pornography and luring a child under the age of 18. He resigned from his post with the commission and pleaded guilty to the charges in January. Sentencing in the matter is scheduled for next month.
- **Kyle Roderick Janssen.** A 35-year-old former church volunteer, Janssen pleaded guilty last October to 18 charges of child pornography and sexually abusing boys over a five-year period. The convicted crimes took place between 2006 and 2009.



RBC Royal Bank

Lower debt. Increase happiness.

Save over \$700* by consolidating your higher interest debts.

RBC Royal Bank® has new online tools and resources to help you develop a concrete plan to lower debt and save money.

- Create your own customized **Debt Reduction Plan**
- Explore ways to simplify payments with our **Debt Consolidation Calculator**

Get started today at rbc.com/smile



Or scan here using your mobile device to learn more.

Advice you can bank on™



*Based on \$12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of \$3200 @ 19% per annum with monthly payment of \$150/month, and \$1000 @ 25% per annum with monthly payment of \$100 and loan of \$8000 with 3 year term @ 9% per annum with monthly payment of \$265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ©/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.



"When my friends ask how I get such a good deal I just tell them, go with WIND!"

- James C. of Ottawa
WIND CUSTOMER SINCE OCTOBER 2010

THAT'S THE POWER OF



WE'RE MAKING SWITCHING EVEN SWEETER.

JOIN WIND BY APRIL 1ST AND GET A \$100 SERVICE CREDIT.

\$100
service credit

Bring your number over to WIND and we'll give you a \$100 credit when you join on our \$40 unlimited Canada-wide talk, text and data plan with WINDtab™.



NEW

HTC
Amaze 4G
~~\$149~~ **\$99** on WINDtab™

Samsung Galaxy
Nexus™
~~\$249~~ **\$199** on WINDtab™

BlackBerry®
Curve™ 9360
\$0 on WINDtab™

Go online to check out some of our hottest handsets at a new low price.

Find more information and your nearest store at

WINDmobile.ca

Offer available from March 15, 2012 - April 1, 2012 and is subject to change or cancellation without notice. To be eligible for this promotional credit, you must port-in your number to WIND at the same time you activate your account and sign up on WIND's \$40 plan with WINDtab. \$100 service credit will be applied as \$10 per month for 10 months. This offer cannot be combined with any other offer. Data services subject to WIND's Fair Usage Policy and Internet Traffic Management Policy. Conditions apply. All services subject to our standard terms of service. Applicable taxes extra. Learn more at WINDmobile.ca. WIND, WIND MOBILE and WINDtab are trademarks of Wind Telecomunicazioni S.p.A. and are used under license in Canada by Globalive Wireless Management Corp. © 2012 WIND Mobile Samsung and Galaxy are trademarks of Samsung Electronics Canada, Inc. and/or its related entities and are used with permission. Screen images simulated. Google, Nexus and Android are trademarks of Google Inc. BlackBerry®, Curve™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. All other trademarks are the property of their respective owners.

A brief history of beards in Canadian politics

Mission Mulcair:

To beardedly go where few have gone before

All but unremarked upon in the NDP's agonizingly slow — and consequently much-analyzed — choice Saturday of Montreal MP Thomas Mulcair to lead Her Majesty's loyal Opposition has been his facial hair. In an age of whiskerless political leaders, it's also something of an image gamble.

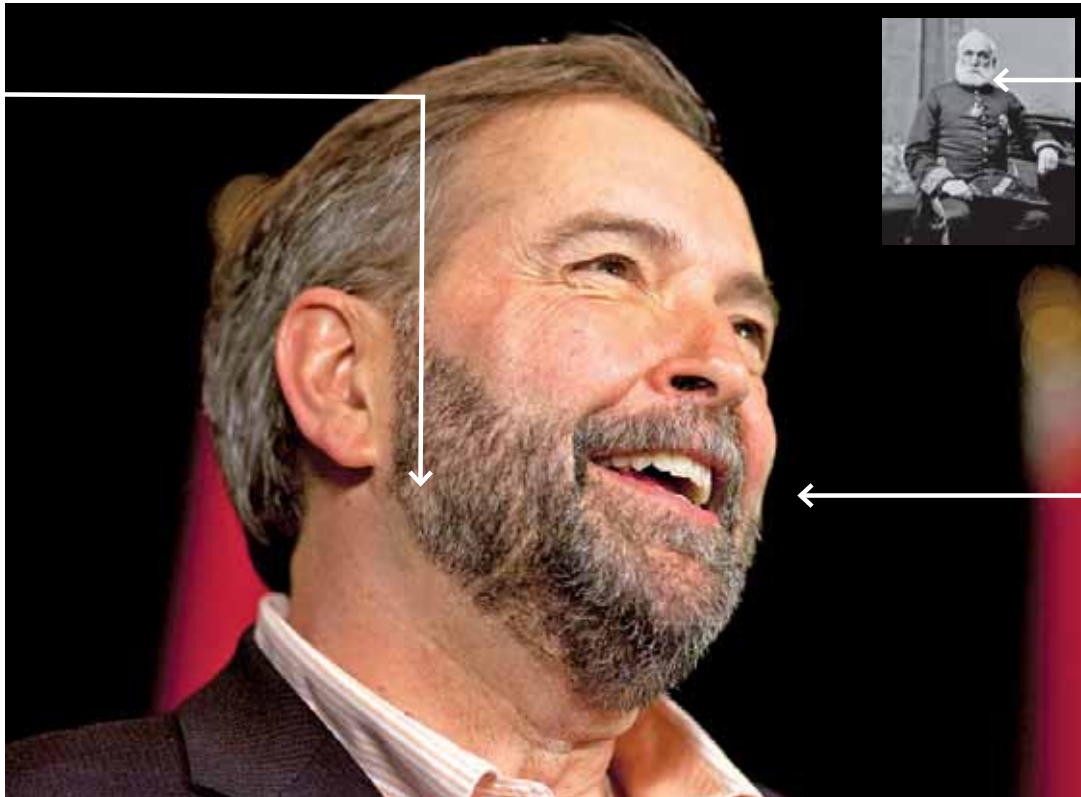
Quotable



"When I cut my beard off people say, 'Oh my gosh,

Trudeau's back in politics.' I was no longer retiring, just because I'd cut my beard off."

Pierre Trudeau, who briefly grew a beard following an Arctic trek during his few months in opposition in 1979.



Last of the bearded PMs

1894

Not since Mackenzie Bowell in 1894 have Canadians had a bearded prime minister, and Bowell managed the feat without actually running for the office. The Conservative senator got the nod when then-prime minister John Thompson suddenly died. Bowell may not be an inspirational figure for Mulcair. Apart from his dramatic, spade-like facial hair, Bowell's two-year reign was notable for him being the only prime minister to be forced to resign by members of his own cabinet, which he labelled "a nest of traitors."

Just like Jack

A continual line of facial hair

But perhaps New Democrats are doing their own subconscious image channelling.

Their beloved late leader Jack Layton's thin moustache was something of a trademark, and he stubbornly refused to bow to whispers that it had to go.

The bearded Mulcair, it seems, is going to give it a shot. **THE CANADIAN PRESS**

CHRIS YOUNG / THE CANADIAN PRESS

BREAKING NEWS

U.S. REAL ESTATE HAS BOTTOMED OUT!

7 Deadliest Mistakes All Canadians Make When Buying U.S. Real Estate

Fellow Canadians - a new video series has just recently been released which reveals the 7 costly mistakes that ALL Canadians make when buying U.S. real estate, and a 23 step system that can help you prevent these common mistakes in order to protect your investment.

This video series clearly shows how a typical Canadian loses an average of \$30,000 when buying U.S. real estate. The fact of the matter is that the U.S. is a foreign country with an entirely different tax system that the CRA frowns upon - worse yet - with regulations written against foreigners, such as the famous "world estate tax".

Don't dare google "U.S. Real Estate" until you watch and learn the proven methods.

This video series exposes the 7 deadliest mistakes that cost Canadians tens of thousands of dollars. The good news is that each and every one of these mistakes are entirely preventable. In answer to these issues, Canada's only active U.S. real estate expert - Steve Martel - has prepared a free video series entitled "Buying U.S. Real Estate The Proven Way".

To gain instant access to this video series, visit www.CanadiansInvade.info

Start your **FREE** training **TODAY**



STEVE MARTEL
— LIVE THE DREAM —



www.CanadiansInvade.info

Copyright © 2012 Martel Group of Companies, Inc. / #28 - 5310 Canotek Rd, Ottawa ON K1J 9N5 / 1-813-680-0953 / info@stevemartel.com

New NDP leader Mulcair says he won't be playing Mr. Nice Guy

Layton's successor.
Mulcair vows to match Conservatives for toughness and discipline as new NDP boss

The NDP hit the reset button this weekend, finally replacing the late Jack Layton with a permanent party leader and definition to Canada's 42nd parliament.

Thomas Mulcair steps

into the gaping breach left when Layton succumbed to cancer less than four months after his party's electoral breakthrough.

Mulcair, a former Quebec Liberal cabinet minister, arrives just in time for the Conservatives to deliver Thursday's federal budget, their first as a majority and one expected to deliver sweeping changes.

And the new NDP leader paid his foes a singular compliment by suggesting the Conservatives' rigour needs to be emulated.



A plastic bobble head of Jack Layton.
PAWEL DEWITT/THE CANADIAN PRESS

"Right now we're facing a government that's very tough, very well structured, and we've got to do the same

Fightin' words

"We've got to structure an official Opposition that will bring the fight to them like they've never seen before."

New NDP Leader Thomas Mulcair

thing," Mulcair told reporters on Sunday in his first news conference as NDP leader.

After seven months with Nicole Turmel leading the Opposition in the

Commons, Mulcair brings a far more forceful — Tories say "vicious" — persona to the canvass.

And for a Stephen Harper government that has a well-earned reputation for partisan thuggery, the end of this season of shadow boxing seems a welcome thing. Literally the minute Mulcair was crowned Saturday night at the Metro Toronto Convention Centre, the party carpet-bombed reporters with a scathing email missive calling him an "opportunist."

THE CANADIAN PRESS

Voting.
Attack source not yet ID'd

The NDP has not called the police to investigate an orchestrated attempt to sabotage the electronic voting system the party used to choose a new leader.

But it's not ruling out the possibility once it unmasks the hacker responsible for the repeated cyber-attacks that caused lengthy delays in Saturday's leadership vote.

"What we know is that there was an organized attempt to clog the site," said party president Rebecca Blaikie on Sunday.

THE CANADIAN PRESS

Only Cleansing Can Make You Feel This Good

If there was only one thing you could do to improve your health and increase energy it would be a total body cleanse. Everyday your body is under attack from pollution, pesticides, chemicals and toxins. They are in the food we eat, the water we drink, and the air we breathe. No matter your lifestyle, no one is escaping this constant barrage of toxins.

First Cleanse

First Time Cleanse

TESTIMONIAL - Enjoyable Experience
"This was my 'first cleanse', and I can truly say it has been an enjoyable experience. I followed the directions, and made changes in my diet. The first few days, I began to notice some changes in my energy levels and 'waste elimination'. I also could tell the products were working, as my skin had mild breakouts. Towards the end of the program, the breakouts had cleared up, I was more regular in waste elimination, and I lost 7 pounds." - 2011-10-04



WHY YOU SHOULD CLEANSE

More Energy
Improved Elimination
Reduced Toxic Load
Increased Stamina
Better Health
Feel Less Bloating

CleanseSMART Advanced Total Body Cleanse

TESTIMONIAL - Thank you so much! "My fiancée and I had always thought that we were relatively healthy at 47 years of age and had fairly decent eating habits in that we were conscious of what we put into our bodies - fresh fruit and veggies, as little processed meats, white flour, sugar, salt, etc. but over the last 6 months or so we were beginning to feel sluggish and that our age was finally catching up to us - very rapidly. We searched the internet and narrowed our search to CleanseSMART's 30 day cleanse. We are very happy to report that after only five days both of us felt an amazing change in our bodies - lighter, healthier and more energized! Thank you so very much for your expertise in formulating this cleanse." - 2008-01-16

Rapid Cleanse

Quick 7 Day Cleanse

TESTIMONIAL - Excellent! "I tried this because I was feeling sluggish with achy muscles, I now have more energy than I have had in a long time. Excellent product! I will likely try the 30 day CleanseSMART cleanse when I have the time but for a quick feel good solution this is the answer." - 2009-09-15

Look For Renew Life Products At Your Local Health Food Store Or
Wherever Natural Health Products Are Sold. To Find A Store Near
You Visit WWW.RENEWLIFE.CA Or Call 1-800-485-0960 Ext 3

[facebook.com/renewlifecanada](https://www.facebook.com/renewlifecanada)
twitter.com/renewlifecanada

\$3 off

Receive \$3 Off Your
Next Purchase Of Any
Renew Life Product*

Dear Retailer: Renew Life Canada Inc. will reimburse the full value of this coupon on the purchase of the product specified. Other applications may constitute fraud. Applications for reimbursement received after 6 months from the expiry date, as indicated below, will not be accepted. Failure to send in, on request, that sufficient stock was purchased in the previous 90 days to cover the coupons will void coupons. Coupons submitted become the property of Renew Life Canada Inc. Reimbursement will be made only to the retail distributor who redeemed the coupon. For redemption, mail to: Renew Life Canada - 8 - 1273 North Service Road East - Oakville, ON - L6H 1A7.
* Limit one coupon per purchase. Coupon expires April 30th, 2012.



\$1000 CASH



CANADA'S LEADER IN DIGESTIVE CARE & CLEANSING!

Our products help your body feel good, but our contest can make your wallet feel good too. Visit www.clubmetro.com to enter the contest and www.renewlife.ca to find out more about how Renew Life can help you feel amazing and achieve your health goals.

To register and
for full contest
details visit
clubmetro.com

To infinity and beyond

In honour of Metro's new contest — where one lucky reader will win a trip to space (no joke! Details at metroinspace.com) — we rounded up six other unexpected things that have made it into orbit. You could be next!

METRO WORLD NEWS



A lightsaber

Luke Skywalker's, to be exact. In 2007, to commemorate Star Wars turning 30, NASA took a replica from Return of the Jedi on the Space Shuttle Discovery. According to reports, the force was strong with that flight.



Critters

You've never been to space. But somehow all of the following did get to go: Monkeys, mice, dogs, rats, cats, flour beetles, wasps, a tortoise, meal worms, bullfrogs, fish, spiders, newts, chicken embryos, snails, crickets, sea urchins, bees, ants, hissing cockroaches (what!?) and butterflies.



Legos

Back in December, a Romanian teenager built a shuttle out of Legos and sent it so high (from Germany), ice particles formed on the nose (go to metronews.ca watch the video). It got just to the edge of space before crash landing. Also, just this January, two teens in Toronto sent a Lego man soaring 80,000 feet. But neither of them got as high as Juno, Galileo Galilei and Jupiter, three Lego figurines sent on a NASA probe Aug. 5.



Golf club

Who was the first person to hit a golf ball on the moon? Astronaut Alan Shepard, in 1971. The two drives sent the ball "miles and miles." Look up and, at nighttime, you can still see it fly. Make a wish.



Scottie from Star Trek

Well, he almost made it. After his death in 2005, actor James Doohan, a.k.a. "Beam Me Up" Scottie, requested a portion of his ashes sent to space. But on the third try, the rocket carrying it exploded over the Pacific Ocean.



Buzz Lightyear

To infinity and ... et cetera. The Toy Story hero was the eighth astronaut on a Discovery mission to the International Space Station, back in 2008. He lived there for six months, appearing in videos to teach kids about, what else, the "beyond."



Red Bull 1988 Games

TWISTER TED

BONUS POINTS FOR WAY NEON '80s GEAR

TWO RIGHTEOUS COMPETITIVE EVENTS:
CHINESE DOWNHILL & RETRO AIR

GET RADICAL

AT OUR WAY COOL '80s SKI CONTEST

Get your team of four and register at redbull.ca/1988
Registration deadline: March 29th

Saturday, March 31 at WinSport Canada's Canada Olympic Park
Team Sign-in: 11:30 a.m. Event Start: 1:00 p.m.

redbull.ca/1988

FRESH

2012 TOP 25 CANADIAN IMMIGRANTS

canadianimmigrant.ca

VOTING IS OPEN!

Visit canadianimmigrant.ca/top25/vote today to vote for Canada's Top 25 Immigrants.

Presented by **RBC Royal Bank** Media Partners **TORONTO STAR** thestar.com

WUAA **metro** **630**

® / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

HAIR LOSS PROBLEM?

Find the solution to your hair loss problem today,
BEFORE IT IS TOO LATE!

Natural Hair Regrowth With **FU YAN's** Special Treatment System & Chinese Traditional Premium Herbs. (works for Men & Women)

Reasonable, Faster, and Better Results!

BEFORE	BEFORE	BEFORE	BEFORE
AFTER	AFTER	AFTER	AFTER

*These actual before and after pictures will build your confidence in the FU YAN system. We will not deceive our customers with the use of false bald model's photographs and misleading advertising.

Many Albertan's have thanked **FU YAN**
EXCELLENT SUCCESS RATE

Some conditions apply

- No Medication • No Surgery
- No Side Effects • No Gimmicks

FU YAN NATURAL HAIR
REGROWTH TREATMENT CENTRE™

Suite 201, 2705 Centre St. NW Calgary AB T2E 2V5
TEL: **230-0200** FAX: **230-0213**



Demonstrators hold a giant French flag as they attend a march in memory of the victims of Mohamed Merah in Paris on Sunday. THIBAUT CAMUS/THE ASSOCIATED PRESS

Charges filed against brother of Toulouse gunman

France. Officials launch formal investigation into older brother of Mohamed Merah, who was shot dead by police last week

More time

- Preliminary charges under French law mean there is strong reason to believe a crime was committed, but allow magistrates more time to investigate.

A Frenchman suspected of helping his brother plot attacks against Jewish schoolchildren and paratroopers has been handed preliminary murder and terrorism charges.

But Abdelkader Merah denied any role in the attacks. Investigators looking into France's worst terror attacks in years believe Merah helped his brother Mohamed prepare the killings, and are investigating whether they were linked to an international network of extremists or worked on their own.

Abdelkader's lawyer said he feels like "a scapegoat."

"No one knew anything"

about what Mohamed was plotting, lawyer Anne-Sophie Laguens told reporters in Paris on Sunday. She dismissed reports that Abdelkader had praised his brother's attacks. "He was never proud of those actions."

Mohamed Merah, 23, claimed responsibility for killing three Jewish schoolchildren, a rabbi and three paratroopers earlier this month. After a 32-hour stand-off with police, he died Thursday in a hail of gunfire as he jumped out a window of his apartment in the southern city of Toulouse.

THE ASSOCIATED PRESS



Show of support for slain teen

Patrick Mulchay, centre, joins other congregants in song during a service at Middle Collegiate Church in New York on Sunday. Churchgoers were invited to wear hoodies to services to show their support for justice in the case of Trayvon Martin, an unarmed black teenager who was wearing a hoodie on the night he was killed by a neighbourhood watch captain in Florida. SETH WENIG/THE ASSOCIATED PRESS

New depths. James Cameron dives to deepest spot on Earth

Hollywood icon James Cameron has completed his journey to Earth's deepest point.

The Canadian director of *Titanic*, *Avatar* and other films used a specially designed submarine to dive nearly 11 kilometres. He spent time exploring and filming the Mariana Trench, about 320 kilometres southwest of the Pacific island of Guam, according to members of the National Geographic expedition.

Cameron returned to the surface of the Pacific Ocean on Monday morning local time, Sunday evening on the U.S. East Coast, according to Stephanie Montgomery of the National Geographic Society.

He spent a little more than three hours under water after reaching a depth of 10,898 metres before he began his return to the surface, according to information from the expedition team. THE ASSOCIATED PRESS

7.1-magnitude. Powerful quake rattles central Chile coast

A magnitude-7.1 earthquake struck central Chile Sunday night, the strongest and longest many people said they had felt since a huge quake devastated the area two years ago. There were no immediate reports of deaths or major damage.

The quake struck at 7:30 p.m. about 27 kilometres north-northwest of Talca, a city of more than 200,000 people where residents said the shaking lasted about a minute.

Buildings swayed in Chile's capital 219 kilometres to the north, and people living along a 770-kilometre stretch of Chile's central coast were briefly warned to head for higher ground.

"There are some injuries but nothing serious," said Interior Minister Rodrigo Hinzpeter, who was serving as acting president while Sebastian Pinera is on tour in Asia.

THE ASSOCIATED PRESS



Now Hiring Warehouse Operators

(We are currently accepting applications from candidates legally authorized to work in Canada including Canadian Citizens, Permanent Residents and Temporary Foreign Workers)

If you're the type of person who's a real team player and believes that virtually anything's possible - then chances are you'll do well at SCM.

SCM is not your typical distribution company. We operate several large, state-of-the-art merchandised distribution centres for one of the largest retailers in the world. We are currently looking for order selectors to join us at our Balzac distribution centre.

If you're the kind of person that likes to do things really well then consider SCM as a career choice. You are encouraged to broaden your experience and work in different areas of the business. We want ambitious people to progress and encourage them to do so. The range of job roles in our distribution centres is probably far wider than you imagined.

Our Team Members have moved on to opportunities including team leader and management roles as well as into other departments such as the traffic office, safety and compliance, quality assurance, maintenance and IT to name a few areas.

What we offer at SCM:

- Start Wage/ Salary \$18.50/hr
- Employer LMO (for TFWs)
- Shift and freezer premiums at \$ 0.60 and \$0.75 respectively
- Full time employment and paid training
- Great benefits after probation period
- Clean friendly and supportive work environment
- Diversity and social club activities
- Environmentally friendly company

How to apply:

By E-mail: jobsbalzac@scm-canada.com

In person: 261039 Wagon Wheel Crescent
Rocky View No. 44,
AB, T4A 0E2

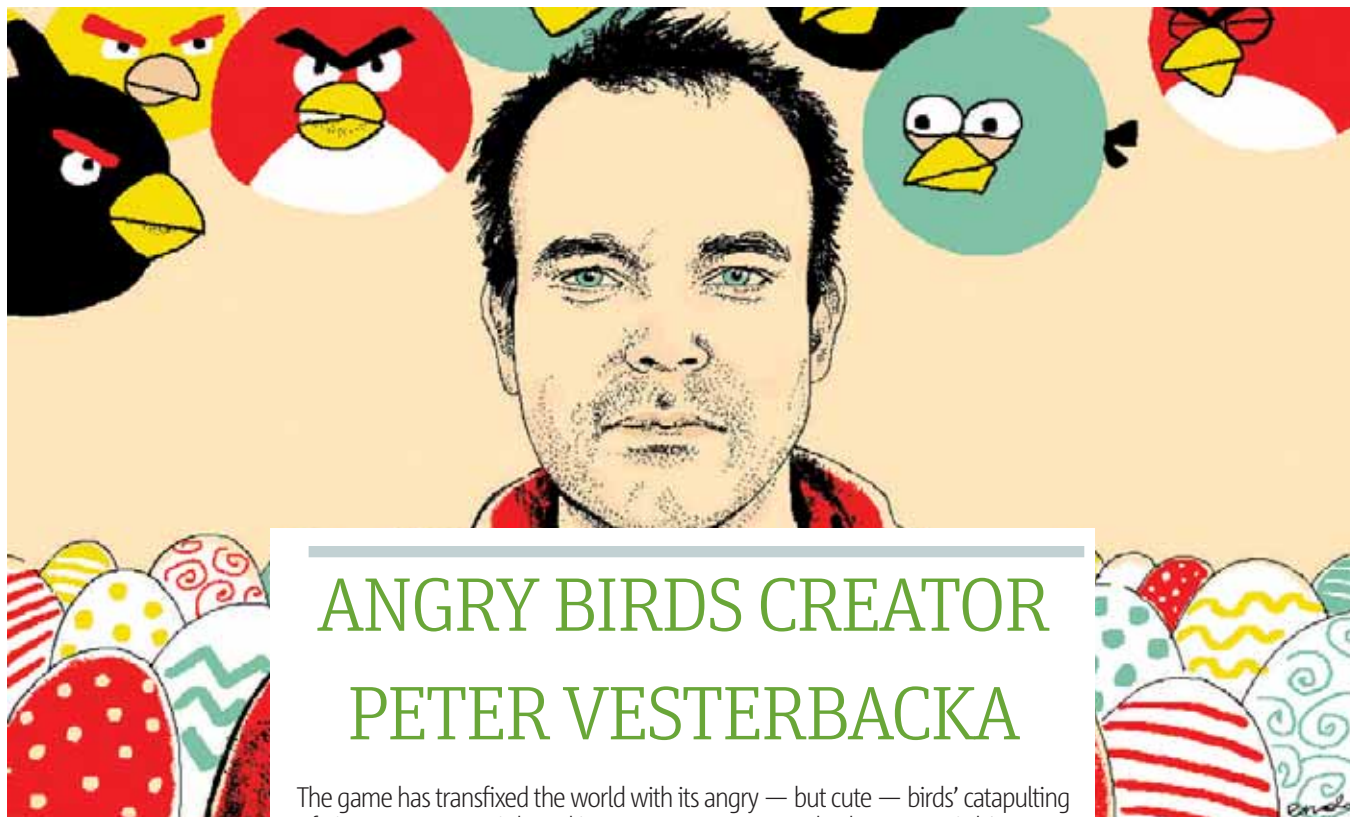
Employer: Supply Chain Management Inc.

Date: March, 2012

Position Requirements:

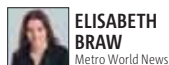
- Must be able to perform duties involving order filling, hauling, stock put-a-way and shipping and receiving
- Have strong communication skills in reading, numeracy and problem solving
- Must be willing to work Refrigerated and Freezer environment, with temperatures ranging from 12, 2 and -23 degrees Celsius
- Planning, organizing and prioritizing
- Ability to perform repetitive motions and regular lifting of boxes ranging between 10 Lbs to 50 Lbs
- Willing to work 11.5 hour shift starting at 11:00 pm on 4-days-on 4-days-off rotation or as required
- Must be able to pass pre-screening Math, Reading and problem solving competency assessments
- Must have own transportation, public transport NOT available
- Must have experience operating warehouse or light industrial equipments
- Must be able to pass criminal background check

SCM
SUPPLY CHAIN MANAGEMENT



ANGRY BIRDS CREATOR PETER VESTERBACKA

The game has transfixed the world with its angry — but cute — birds' catapulting of pigs. A new game is based in space. But Peter Vesterbacka, Angry Birds' creator, aims even higher: he wants to get the whole world exercising — with Angry Birds, of course.



ELISABETH
BRAW
Metro World News

Peter Vesterbacka is known as Mighty Eagle, and he's the guru behind the Angry Birds games. Metro met Vesterbacka, who was clad, as usual, in an Angry Birds hoodie, at the Finnish Embassy in London.

Extremely busy people spend hours playing Angry Birds. What does that tell you about human psychology?

Everybody is busy nowadays. Angry Birds is a break that allows you to get away, even if it's just for a few minutes, so they can then get back and focus on their task. It's a very

healthy habit. It's like vacations: people in Nordic countries take long vacations, but when they work, their productivity is very high. Angry Birds, and vacations, is like doing maintenance on yourself.

Recently, a magazine calculated that Angry Birds costs the U.S. \$1.5 billion in lost productivity each year. Do you feel guilty about that?

That's bullsh—t.... It's not like people are always working.

Look at the proportions. People play Angry Birds for perhaps two hours a month — but they spend 158.5 hours per month watching TV. And when you watch TV, you lean back and watch the screen. When you

play Angry Birds, you lean forward and engage your brain. You're active, not passive.

So Angry Birds is not a waste of time but a way of recharging one's brain?

Absolutely. Playing games is actually a very good thing to do.... Incidentally, it's the same reason we're launching the Angry Birds activity parks: why not make physical activity fun? You can go for a five-kilometre run, which is fine, but not everyone thinks it's fun. With our activity parks we want to make physical activity a fun thing to do. We want the Angry Birds activity parks to be all over cities ... so you can easily walk or ride your bike to one.

The sequel



Here's what's new in Angry Birds Space:

- “We retain many of the core elements of the familiar game that fans already know and love, but take it to the next level by adding innovative elements like zero-gravity and new characters.... From the weightlessness of space to the gravity wells of nearby planets, fans can have fun with physics,” says Petri Järviö, executive vice-president of games at Rovio Entertainment.
- “You have to think about how to make the birds go around the planets and hit the pigs,” adds creative director Peter Vesterbacka. “There are some elements that are very familiar, but it's also a new take on the classic Angry Birds game.”

- Angry Birds Space features 60 levels and a new bird.

The Stats:

- In 2011, 30 million people played Angry Birds a day, and 130 million people played it monthly. That's 109.5 billion minutes per year.
- The game has been downloaded more than 500 million times across platforms in less than two years. They hope to reach 800 million downloads.

MICHELLE CASTILLO/MWN

LIVE YOUR PICTURE ■ IN KENSINGTON



NOW UNDER CONSTRUCTION

PRESENTATION CENTRE

1120 KENSINGTON ROAD NW

Tue-Fri 10am-6pm, Saturday/Sunday 11am-5pm

403.290.1664 pixelcondos.ca



PIXEL
BY BATTISTELLA



SCAN FOR YOUR FREE
EXPERIENCE ON US!

BATTISTELLA
DEVELOPMENTS

battistella.ca

f t Follow Us

UNMUZZLE WORKERS ON WAGES



**URBAN
COMPASS**
Janice Paskey
calgary@metronews.ca

It seemed like a good idea at the time.

Get students to interview hourly wage earners.

This was a suggestion from a presenter at the Reynolds

Center for Business Journalism at the University of Arizona in Phoenix.

I was there to learn how to introduce more business content into the university journalism curriculum.

We went through balance sheets and SEC filings of public companies.

I also latched on to an assignment to ease students into business reporting: Interview an hourly worker. Then move into the company's financials.

There was a catch. My students said hourly workers they approached in Calgary were often forbidden from talking about wages.

I was stunned.

It's been a while since I scooped ice cream or cleaned rooms. After all, an Alberta appeal judge decided U of C students had a right to criticize

a professor on Facebook. It upheld the Canadian charter right to free speech. Even Holocaust deniers can say their piece.

Yet, hourly workers could not discuss their wages?

"This is outrageous and sleazy in my opinion, but sadly, not unlawful," writes York law professor David Doorey on his blog.

So it's back to those com-

plicated SEC filings, required by Canadian companies who do business in the United States.

Let's take Tim Hortons, for instance. It sells 77 per cent of the coffee in this nation. My students love the pricing and coffee.

Some (not all) franchises forbid employees from discussing wages, especially those who might want to work for another franchise owner.

Yet, Tim Hortons has to disclose executive salary information because it does business in the United States. We learn that the CEO was underpaid, so he got a \$100,000 raise to \$750,000, along with millions in incentives; the former CEO got a \$5.7-million buyout and has agreed to "consult" for a few years at \$175,000.

Meanwhile, one Tims franchisee brags it pays at least minimum wage. Yet "there comes a time when there has to be limits set for a position." It's \$11.60 per hour for counter staff. The same franchisee lists "gossiping" as grounds for termination.

In the end, the company goals are to control costs and "create wealth for all."

Let's talk about that. I have no problem with employers setting wages or earning high profits.

But to muzzle those who make it happen should be not only sleazy but also illegal.

Weird news

Mountaineer uses climb as aid to win memory contest

A Florida man who trained for a national memory competition by memorizing a randomly shuffled deck of cards as he climbed Mount Everest won the mental bout Saturday and broke a U.S. record.

Nelson Dellis, 28, of Miami, said his rigorous training for the challenge required him to reshuffle the deck of cards at each

new altitude in his climb.

It was the second year in a row that Dellis won the USA Memory Championship, which was held in Manhattan. He also broke a record for memorizing 303 random numbers in five minutes, besting the previous record of 248 numbers in five minutes, which he himself set last year.

"It's all tricks," Dellis explained of his win. "I don't have a good memory naturally. It's something I learned and taught myself."

THE ASSOCIATED PRESS

Irises of sapphire and gold



LORRAINE HUDGINS/REX FEATURES

Eye dandy

Bi-coloured eyes key to kitty's charm

For lovers of cutesy, quirky animals, all eyes are on Speedy the Cat — the white cat born with one blue eye and one gold. This kitty has a feline form of complete heterochromia, a condition that also occurs in some other animals. Graphic designer Lorraine Hudgins, shown at right, took this snap at her workplace. MWN

Nice! But I'm allergic



Is this odd-eyed cat yours?

No, she belongs to the owners of the print shop where I work. I thought she would make a good subject for a photograph, so one day I brought in my camera to take some snaps of her. She's very sweet-tempered

but does meow loudly when she wants something — probably because she can't hear herself, as she is deaf.

A deaf pet? Does that not make her a less pleasant companion?

Speedy's deafness and eye condition don't make her any less of a pet. It depends on each animal how valuable they are, but in Speedy's case, she's such a special character! She's a sweetheart, even though she does make me sneeze, as I am allergic!

ANTHONY JOHNSTON/MWN

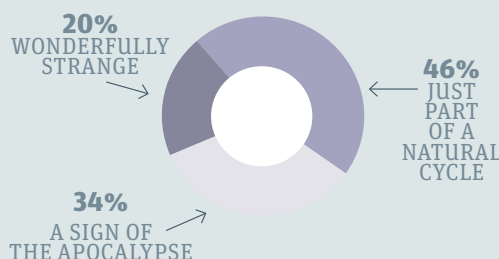
Heterochromia

- **Lack or excess of pigment.** Heterochromia is a genetic condition that stops melanin pigment from reaching one of the irises; the condition can also supply excess pigment.
- **Cats and dogs affected.** The condition most commonly affects white cats with the white spotting gene. White cats with one or two blue eyes are more predisposed to genetic deafness. The disorder is more likely in huskies than in any other animal.

Panel

Register at metropolitanpanel.ca and take the quick poll

The unusually warm weather across the country is:



Twitter

@dankicks

Apparently there's a new Viet joint named Pho Van that isn't @thenoodlebus... or a food truck... or a van... #yyc

@LShircliffe

#Calgary is the sunniest city in Canada which makes gray days like this even harder. #yyc #PassTheVitaminD

@thek8lyn

We're at a pub that uses the chromosomes instead of male and female signs on the

washrooms. That's high expectations for their patrons. #yyc

@libations_nosh

So full from brunch at the Wainwright hotel (Heritage park). Trying to digest it all before bowling. #firstworldproblems #yyc

@JoshStryde

Checked out the Peace Bridge last night. Actually pretty cool! #yyc



Lowest Rate Guarantee

- No matter where you call,
- No matter what rate you currently pay,
- We'll beat it...

GUARANTEED!!!

Make long distance calls even from your mobile phone at our lowest long distance rates

Australia..... 1.9 ¢/min	Iran..... ^{from} 5.9 ¢/min	Russia..... ^{from} 1.9 ¢/min
Bosnia..... 13.9 ¢/min	Israel..... 1.9 ¢/min	Serbia..... 7.9 ¢/min
Bangladesh..... ^{from} 3.9 ¢/min	Italy..... 1.9 ¢/min	South Korea..... 2.9 ¢/min
China..... 1.9 ¢/min	Lebanon..... 7.9 ¢/min	Sri Lanka..... 9.9 ¢/min
Colombia..... ^{from} 3.9 ¢/min	Mexico..... ^{from} 1.9 ¢/min	Trinidad..... 4.9 ¢/min
Cuba..... 89.9 ¢/min	Pakistan..... 5.9 ¢/min	U.A.E..... 14.9 ¢/min
El Salvador..... 9.9 ¢/min	Philippines..... 11.9 ¢/min	U.K..... 2.9 ¢/min
Germany..... 1.9 ¢/min	Poland..... 1.9 ¢/min	Ukraine..... 7.9 ¢/min
India 2.9 ¢/min	Romania..... 1.9 ¢/min	Vietnam..... 4.9 ¢/min

Unlimited Canada

Unlimited calling to anywhere in Canada

\$5 /month

1 Cent to India

1000 minute bundle only \$10/month

1¢ /minute

Every Month

30 Minutes FREE

Long distance to Canada and USA

1-866-769-9603

www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Lowest Rate Guarantee is based on competitors' lowest advertised rate for the services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. Bundled minute plans cannot be shared by more than one line. Unused minutes from one month do not carry over to the next month. Lowest minutes will be billed at our lowest rate guarantee. Calls to overseas mobile phones may be billed at a higher rate. Terms and conditions apply. See www.comwave.ca for details.



Home Phone



All Features FREE!

**FREE
FREE
FREE**

Voicemail
Caller ID
Call Waiting

AND MUCH MORE!

Join the hundreds of thousands of Canadians
who have proudly switched to Comwave

Why Choose Comwave

- ✓ Keep your existing Phone Number
- ✓ Enjoy Crystal Clear Quality
- ✓ Save with the lowest Long Distance rates guaranteed

Unlimited Local

- ✓ Unlimited local calling
- ✓ 14 free features



\$14⁹⁵
/month

Unlimited Canada

- ✓ Unlimited local calling
- ✓ 14 free features
- ✓ Unlimited Canada calling



\$19⁹⁵
/month

Unlimited Global

- ✓ Unlimited local calling
- ✓ 14 free features
- ✓ Unlimited North America calling
- ✓ Unlimited calling to almost 60 countries



\$29⁹⁵
/month

Limited Time Offer

6 Months FREE

Your Satisfaction is Guaranteed or You Pay Nothing!

1-866-769-9603

www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINES, VAP 911 has certain limitations versus traditional 911. All Unlimited Plans do not include calls to the Yukon, Northwest N.W.T., Alaska and Hawaii. The 6 Month Free Promotion is based on a 100 term and includes a 90-Day Satisfaction Guarantee period. The Global Plan includes a 30-Day Satisfaction Guarantee period. If you are not 100% completely satisfied, you may terminate the service anytime within the Satisfaction Guarantee period with no further obligation. If you transfer your existing phone number from your current provider to Comwave within the first 90 days, you will receive an additional 3 months free for a total of 6 months free. Terms and conditions apply. See www.comwave.ca for details.

2

SCENE

Top 5

Weekend
box office

- 1 The Hunger Games, \$155 million.
- 2 21 Jump Street, \$21.3 million (\$5.3 million internationally).
- 3 Dr. Seuss' the Lorax, \$13.1 million (\$5.5 million internationally).
- 4 John Carter, \$5 million (\$22.2 million internationally).
- 5 Act of Valor, \$2.1 million.

HOLLYWOOD.COM

On the Web



Rare movie posters found in Pennsylvania attic fetch \$503,000 at auction; Dracula tops list

Jennifer Lawrence already proved in 2010's *Winter's Bone* that she could play a girl with strength, wisdom and survival instincts beyond her years. Her performance made her the ideal choice to play Katniss Everdeen, the 16-year-old heroine of *The Hunger Games*. Here's a look at five other teenage movie bad-asses — if you're not too intimidated to take them on, that is.

CHRISTY LEMIRE/THE ASSOCIATED PRESS

'The king of Hogwarts'

Daniel Radcliffe in *Harry Potter*: He defeats pure evil. What more do you need? Sure, he starts out as a nerdy, insecure 11-year-old, living a miserable life underneath the stairs at his aunt and uncle's house, unaware of the greatness that dwells within him. But soon he's mastering spells and brandishing his wand with purpose and ferocity. He's the king of Hogwarts. Professors admire him. Friends are loyal to him. Chicks dig him. Everyone knows his name — including Lord Voldemort, who could be using his destructive powers in myriad other ways, but instead chooses to focus them on our young hero. And he probably wishes he hadn't.

Daniel Radcliffe in *Harry Potter* CONTRIBUTED

Teen loner turned detective

Joseph Gordon-Levitt in *Brick* (2005): This is a 1930s-style film noir set in a contemporary Southern California high school. Gordon-Levitt plays Brendan, a young loner who's investigating the murder of one of his classmates. Brendan's looks in no way indicate what he's capable of doing as he digs closer to the dangerous truth. He's slight, fine-featured and messy-haired, perennially dressed in a simple, grey hooded sweat shirt. But he's quick-witted and he can take a punch (the frequency with which he gets his butt kicked is comical), all of which he does for this doomed woman he loved.

Joseph Gordon-Levitt in *Brick* CONTRIBUTED5
teenage
movie
bad-asses
we love to
root for

Sean Penn as a loveable stoner

Sean Penn in *Fast Times at Ridgemont High* (1982): No matter how many roles Penn immerses himself in or Oscars he wins, he will always be Jeff Spicoli to me. Spicoli totally knows how to navigate the system. He orders pizza in Mr. Hand's class — 'cause there's nothing wrong with a little feast on our time — trashes a sports car and turns it into a positive for the school's football team, has fun at all the joiner activities like dances and games but still remains blissfully, obliviously cool and above the fray. Of course, he's high the entire time — and we would never condone drug use here in the Five Most space — but Spicoli does graduate. And he saves Brooke Shields from drowning.

Sean Penn, left, in *Fast Times at Ridgemont High* CONTRIBUTED

The blonde arctic warrior

Saoirse Ronan in *Hanna* (2011): Ronan stars as the title character, a blonde-haired, blue-eyed, 16-year-old killing machine. Living with her father (Eric Bana) in a rustic cabin in a remote and unforgiving forest just below the Arctic Circle, she learns to hunt, fight and speak in various languages. Their hand-to-hand combat scenes are quick, intense, visceral — until one day she tells him, "I'm ready." Upon embarking on the journey that's her destiny, she gets captured by government agents who think she's a shy and sheltered little girl. But, uh ... they're wrong. Even Cate Blanchett in fierce Prada heels can't stop her.

Saoirse Ronan in *Hanna* CONTRIBUTED

Pioneer power in pigtailed

Hailee Steinfeld in *True Grit* (2010): Her pigtailed and her purity make her adorable, but her strong will and resourcefulness make her a force to be reckoned with. Steinfeld made her astonishingly self-assured film debut as Mattie Ross, the 19th-century pioneer girl who sets the story's action in motion, and earned an Oscar nomination for best supporting actress in the process. She was only 13 when she shot the movie, and to say she holds her own with Jeff Bridges, Matt Damon, Josh Brolin and the rest of the cast would be an understatement.

Hailee Steinfeld, right, in *True Grit* CONTRIBUTED

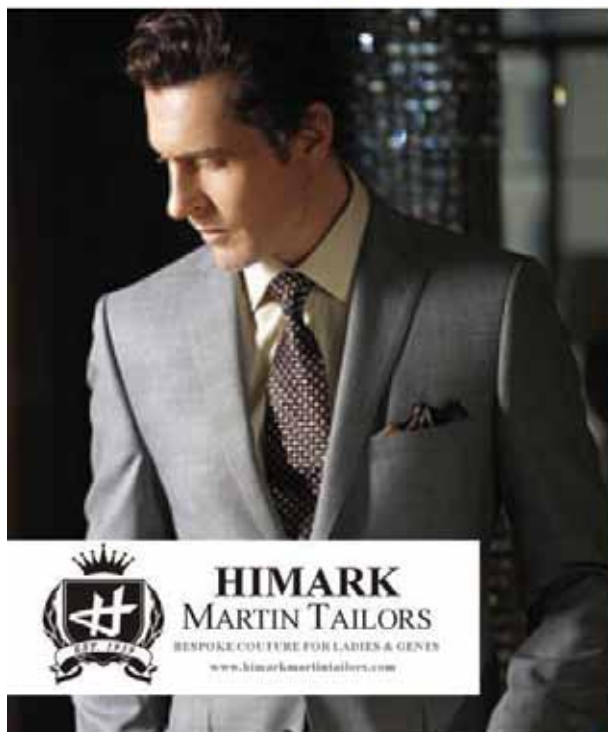
LIVE YOUR PICTURE IN KENSINGTON

NOW UNDER CONSTRUCTION
4 0 3 . 2 9 0 . 1 6 6 4PRESENTATION CENTRE
1120 KENSINGTON ROAD NW
Tue-Fri 10am-6pm, Saturday/Sunday 11am-5pmSCAN FOR YOUR FREE
EXPERIENCE ON US!

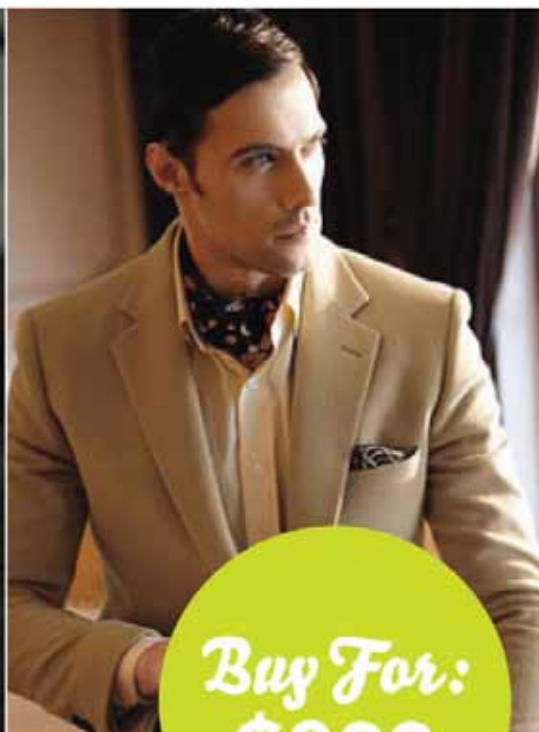
BATTISTELLA
DEVELOPMENTS
battistella.ca
Follow Us

WagJag.com

DEAL OF THE DAY!



**HIMARK
MARTIN TAILORS**
BESPOKE COUTURE FOR LADIES & GENTS
www.himarkmartintailors.com



Buy For:
\$399

**\$399 FOR A CUSTOM TAILORED
2-PIECE SUIT FROM HIMARK
MARTIN TAILORS (A \$1485
VALUE)**

HIGHLIGHTS

- Made from pure British wool (may upgrade for \$150)
- \$399 value may be used towards a suit of higher value
- Includes pants, jacket and custom made shirt
- Custom tailored

Regular Price: \$1485.00

You Save: \$1086

Discount:

73%

CURRENT DEALS



Buy For:
\$59

**\$59 FOR 3 BOTTLES OF RASPBERRY KETONE
WEIGHT LOSS SUPPLEMENT FROM ACE &
NYX (A \$ \$210 VALUE)**

HIGHLIGHTS

- Weight loss and health supplement
- Featured on Dr. Oz
- Rich in antioxidants
- Fat burning formula



*Multiple
Offers*

**\$29 FOR A 45-MINUTE TAROT CARD READING, A
DIGITAL DOWNLOAD OF READING AND 20% OFF
PRODUCTS AT SANCTUARY LIFESTYLE
CONSULTING (AN \$85 VALUE)**

HIGHLIGHTS

- Gain valuable insight into your own life
- Includes a digital download of your reading for your personal review
- Make decisions and move forward with guidance



*Multiple
Offers*

C3* FOR STRESS: TWO OPTIONS
**OPTION 1: \$16.95 FOR 1 C3* FOR STRESS
POWDERED SUPPLEMENT DRINK MIX
(15 PACKS, A 1-MONTH SUPPLY)**
**OPTION 2: \$24.95 FOR 2 C3* FOR STRESS
POWDERED SUPPLEMENT DRINK MIXES
(30 PACKS, A 2-MONTH SUPPLY)**

Visit: **WagJag.com**

Follow us on:   facebook.com/wagjag
[@wagjagcalgary](https://twitter.com/wagjagcalgary)

Hurry to WagJag.com to purchase local deals before time runs out.



Wrath of the Titans opens in theatres this Friday. HANDOUT

Rise of Rosamund: from Bond girl to Queen Andromeda

Wrath of the Titans.

Veteran actress has maintained a career that veers between literary works and muscular pulp fictions

CHRIS
ALEXANDER
scene@metronews.ca

Critics may have crushed Louis Letterier's massive-budgeted revisit of early '80s gods and monsters in Clash of the Titans, but cinema goers ensured that it cut through the box office like the sword of Perseus across Medusa's neck.

Still, when it came to dipping their chalice into the mythical well again with the follow-up Wrath of the Titans, Warner Brothers insisted on a few adjustments.

For one, a different director was placed at the helm (Jonathan Liebesman). For another, the lackluster converted 3D of the first was replaced with a much more advanced, effective process.

And interestingly a key member of the cast, the character of Princess (now Queen) Andromeda, was re-cast with classically trained — and classically beautiful — actress Rosamund Pike.

"In Clash (Andromeda) was tied up to be sacrificed to a monster all because of something her mother said, an offending phrase, (and) she had to be rescued," Pike says. "So now she's much different. She's not a victim and refuses to be one."

Already a veteran of U.K. television and trained in the art of the Bard, Pike found Hollywood fame when she was cast as a Bond Girl in 2004's Die Another Die. From there she has maintained a

Action films

"It's total chaos, it fires up all your senses."

Actress Rosamund Pike, on making Wrath of the Titans

fascinating career that veers between literary works like Barney's Version and muscular pulp fictions like Doom and now Wrath of the Titans.

"Barney's Version was lots of fun. It was such rich material," Pike recalls of the experience making the Canadian drama based on the beloved novel by Mordecai Richler.

"But moving from that to the action world especially in a film like Wrath of the Titans, it's total chaos, it fires all your senses as opposed to your mental and intellectual faculties. You're thrown into a maelstrom and you're trying to run from point A to B. There's sort of a primitive skill that's required."

The best way to discover, play and share music is Rdio.

Every day until **April 16**, we're
giving away a year of unlimited
music on Rdio!

Enter today at clubmetro.com

rdio

www.rdio.com

To register and for full contest
details visit clubmetro.com

VISIT
**club
metro
.COM**
TO ENTER



Lawrence on her favourite hunger buster



Jennifer Lawrence

The Hunger Games star Jennifer Lawrence doesn't go hungry, thanks in part to her friendship with Zoe Kravitz, daughter of co-star Lenny. The two met on the set of X-Men: First Class and hung out on the Games set. "We just went to her

dad's hotel room and got Gummi Bears and HBO," Lawrence told Us Weekly, adding that she loves Skittles candies. "We racked up so many charges. Mr. Kravitz was like, 'Did you guys order a lot of room service?!'"

Kardashian's flour bomb

Last Thursday, someone threw a plastic bag of flour at Kim Kardashian on the red carpet, probably not the first time she's been covered in white powder.

Afterwards, the reality TV star said she wouldn't press charges but now tells E! News: "I said earlier no I wasn't. (But) I am just going to think about it, because I don't want someone to think they can really get away with that. I was laughing it off earlier and, you know, I think that is the only thing I knew how to do at the time."



Kim Kardashian

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Look What You've Done

Club owner wants Drake to pay for pot bust



THE WORD
Dorothy Robinson
scene@metronews.ca

A rapper smoking weed? Not that surprising. A rapper smoking weed in Oklahoma City? Well, also not that surprising. What else is there to do in Oklahoma City?

Earlier this week, Drake, the former child star turned loverboy, was reportedly responsible for a huge cloud of pot smoke in a VIP area, which caused the Dollhouse Lounge to close down — even though they opened for the night especially for him, according to TMZ. But here's where the story gets weird: The spot's manager claims that once he and the staff smelled the smoke, they shut the party down. Then the cops came (apparently to help "restore



Drake. ALL PHOTOS GETTY IMAGES

order") and they discovered a half-burnt joint where Drake and his entourage were previously hanging. So they arrested the club manager — not Drake — and now the manager is mad and wants Drake to help him out with the various tickets that amount to several thousands worth, according to TMZ.

A half smoked joint found in an ashtray causes not only an arrest but also a lawsuit? "Crime" in Oklahoma City is just adorable. What do club owners expect when they rent out a club to a world-famous rapper and his entourage? A knitting circle?

Jolie takes on leg haters

After her striking pose caused headlines at the Oscars, Angelina Jolie, whose right gam and odd gunslinger pose launched a meme, a Twitter feed and impersonators, now tells the Huffington Post: "I honestly didn't pay attention to it. You know what I mean? I don't watch those TV shows, and if I go online and see something about myself, I don't click on it."

"And the people I surround myself with don't really talk about this kind of stuff. I heard something, but I didn't pay any attention. It's as simple as being a woman picking a dress you like and having a night and not really thinking about anything else."

Oh, come on Angie! Can't you ever admit when you do something ridiculous?



Angelina Jolie

Twitter



@wayansjr

#thatawkwardmoment when you're about to get some, but you want her to take a shower first because she's been dancing a LOT

@katyperry

Is anyone still traumatized by the idea that you might get eaten by an escalator if you miss a step or have a lose thread on your sweater?

@azizansari

Is Hunger Games about a girl facing a series of challenges and hurdles during lunchtime to get tasty tacos? #MyLifeStoryDog

@AlbertBrooks

Dick Cheney gets new heart! Not to be confused with compassion.

YOU COULD
WIN
A COPY OF THE CASABLANCA
70TH ANNIVERSARY EDITION



IN STORES TOMORROW!

To register and for full contest details visit clubmetro.com



YOUTH MENTORSHIP PROGRAM (Girls ages 12-21)



Do you want to volunteer?
Are you new in Canada?

Find a big sister
or be one!

Make new friends

Do fun activities

Register today!

Azmeena Nurddin 403-263-4414 ext. 217
azmeen@ciwa-online.com
www.ciwa-online.com
#200, 138 4th Avenue SE Calgary, T2G 4Z6

The Government of Canada provides funding to support this initiative.



Citizenship and
Immigration Canada

Citoyenneté et
Immigration Canada

ENTER FOR YOUR CHANCE TO WIN



Collector's edition
Titanic RealD 3D glasses



Newly Remastered
Soundtrack Available
on Sony Classical



And a Run of
Engagement double
pass!

In theatres for a limited engagement April 4



To register and for full contest details visit clubmetro.com

3

LIFE

Commercial tests

Food allergies

Dr. Elana Lavine, a Toronto allergy specialist says commercial tests that claim to determine if a person has food allergies, sensitivities or an inability to tolerate certain foods are a waste of money.

The tests look for an antibody reaction to a whole range of foods. When they find a response with an antibody known as immunoglobulin G or IgG, they characterize the result as unhealthy, suggesting the existence of either a food allergy, an intolerance or food sensitivity.

But Lavine says that it's a misreading of what an IgG reaction means. Science isn't 100 per cent sure what an IgG response actually signifies, she said. THE CANADIAN PRESS

On the Web



Teachers, parents, writers explore yin-yang of Titanic for kids ahead of wreck's centennial



Is your dad like the guy from Up? PIXAR

Avoiding the 'oh no, grandpa's here' reaction

Grandparents. 'Discipline as normal,' and other great tips for when the folks visit you and the kids

A good friend returned home after a month in Australia completely deflated. It was, she said, a time of dashed expectations, misunderstandings and tension her three-year-old picked up on.

Not only was she no longer speaking to her parents, but her marriage was strained, the kids had suffered — nobody was left unaffected by the fallout from two households colliding.

A lot of our friends listened to her tale of woe with disbelief, but I found it rather familiar.

A family's baser characteristics only tend to magnify themselves when one of the members moves away, as I did, 10 years ago. Naively, I'd expected our little differences to disappear into all the empty miles between us. But when quality time together is short, the pressure to make the most of it can cause some major explosions.

Here's some tricks to manage the chaos that surrounds a family visit.

First the practical

- Each relative gets a transport pass, a set of car keys (though my parents would never drive in a foreign city), maps and guidebooks.
- My parents cross five time

zones when they visit, so we've experimented with putting our own clocks back an hour at least in spirit) for the first day or two they're here. It gets everybody moving at a similar pace.

- Most grandparents are happy to babysit — even without being asked. My parents don't fall in that category. So if my husband and I have other plans when they're visiting, we reserve a sitter, then ask, once they've settled in. If they're happy to comply, we cancel the sitter. We also make sure they know they have the freedom to come and go as they wish.

- If you need your parents to help out with the children now and then, make sure they have time for a siesta in the late afternoon. We all need a break

during the witching hour.

- Making the long trip to see us is a big deal for our families, so we make sure there's time for a touristy outing: a weekend in the country, a museum visit or a night at the theatre.

Once the practicalities are out of the way

- Write a list (and keep it out of sight) of the things about your visitors that bother you but that you cannot change. Anticipate them and try to avoid them, then if you are confronted, they'll be easier to ignore.

- Blather on all you want about yourself, your children, your job, but don't forget to ask

about their lives — theirs are not over yet.

- Stand by your parenting. Discipline as normal. Keep your routines. If your parents want to get involved, they should know they do so at their own peril. (I shudder to think how I would have turned out had my mother let her mother control her parenting choices.)

- A special family visit is not the time to air lifelong grievances. When you catch yourself about to scream: "You always do this," or "Can't you just for once..." run to your room and simmer on your own. Even if you slam a door or throw something up there, nobody should mind — as long as you return in good spirits.

ELLEN HIMELFARE OF MOMMYISH.COM

ambiance dental

Downtown +15 • www.mycalgarydentist.com

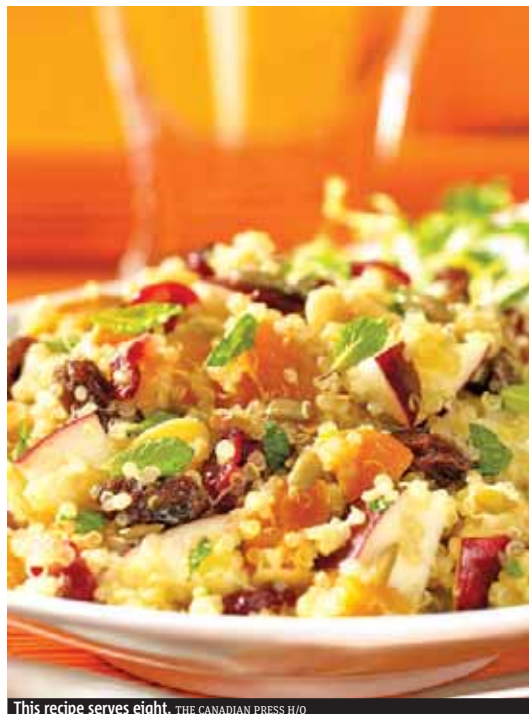
LIVE YOUR PICTURE IN KENSINGTON

FROM THE \$340s TO THE \$500s

pixelcondos.ca
PRESENTATION CENTRE
1120 KENSINGTON ROAD NW
Tuesday-Friday 10am-6pm, Saturday/Sunday 11am-5pm

BATTISTELLA DEVELOPMENTS
battistella.ca
Follow Us

Cooking the 'superfood' quinoa can be simple to do



This recipe serves eight. THE CANADIAN PRESS H/O

Nutty & Fruity Quinoa Salad. Topping this salad with Maple Vinaigrette offers a perfect combination of healthy ingredients

Ingredients

- 500 mL (2x cups) water
 - 250 mL (1 cup) quinoa, rinsed
 - 125 mL (1/2 cup) sliced almonds
 - 125 mL (1/2 cup) coarsely chopped apple
 - 125 mL (1/2 cup) coarsely chopped dried apricots
 - 50 mL (1/4 cup) toasted unsalted sunflower seeds
 - 50 mL (1/4 cup) dried cranberries
 - 50 mL (1/4 cup) raisins
 - 30 mL (2 tbsp) finely chopped fresh mint
 - 125 mL (1/2 cup) Maple Vinaigrette (recipe follows)
- Maple Vinaigrette**
- 75 mL (1/3 cup) pure maple syrup
 - 50 mL (1/4 cup) cider vinegar
 - 50 mL (1/4 cup) honey mustard
 - 30 mL (2 tbsp) canola oil
 - 30 mL (2 tbsp) water

1. In a saucepan, bring water and quinoa to boil. Reduce heat to low, cover and simmer for about 20 minutes or until liquid is absorbed and quinoa is tender. Let stand for 5 minutes. Fluff with a fork.

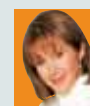
2. Transfer quinoa to a large bowl. Add almonds, apple, apricots, sunflower seeds, cranberries, raisins and mint; toss to combine. Drizzle with maple vinaigrette and toss again to coat evenly.

3. Vinaigrette: In a jar, combine maple syrup, vinegar, mustard, oil and water. Seal and shake until well blended. Store in the refrigerator for up to 1 week, shaking well before use. **COOK! BY THE DIETITIANS OF CANADA (ROBERT ROSE INC.,**

2011)/ THE CANADIAN PRESS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOK.CA)

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com

While Cultures bills itself as a healthy alternative to fast food, some of the items on its menu are anything but.

Cultures Tuna Wrap

430 cals, 17 g fat, 700 mg sodium

Tuna with all those omega fatty acids sounds so healthy, but when packed with oil and mixed with high-fat mayonnaise, you have excess calories and fat.



Equivalent

Because of the oil and high-fat mayo, just one Tuna Wrap from Cultures is equal to 17 cans of tuna packed in water and fat.



Grilled Chicken Wrap

280 calories, 5 g fat, 450 mg sodium

Whenever you hear the word "grilled," you're better off. You can add your own veggies and avoid any mayo or excess fat.



Team high-protein quinoa with nutritious turkey in stuffed peppers

Quinoa is an amino-acid-rich protein seed that has a fluffy, slightly crunchy texture and a mild nutty flavour when cooked.

Mixed with ground turkey, spinach, mushrooms and goat cheese, this super nutritious stuffing is baked in red peppers for a protein-rich meal.

1. In a saucepan, bring the chicken or turkey broth to a boil over medium-high heat. Stir in the quinoa and simmer, covered, for 10 minutes. Remove the

quinoa from heat and leave covered for 15 minutes.

2. Meanwhile, in a large non-stick skillet, heat the oil over medium-high; brown the turkey, breaking it into small pieces with the back of a spoon. Transfer the ground turkey to a plate and set aside.

3. Cook the onion until it is tender and golden, about 7 minutes. Stir in the garlic, salt and red pepper flakes and cook for 1 minute. Stir in the mushrooms and cook until they are golden and no liquid remains.

4. Remove the skillet from heat and stir in the spinach and quinoa. Sprinkle it with goat cheese. (Make ahead: This mixture can be made up to 2 days in advance.)

5. Spoon the quinoa-turkey mixture into four hollowed peppers and bake them in a 190 C (375 F) oven until the peppers are tender crisp and filling is hot, about 20 minutes. Serve right away for best taste.

THE CANADIAN PRESS/ ONTARIO
TURKEY (MAKEITSUPER.CA)

Quinoa-Stuffed Peppers



This recipe serves four. THE CANADIAN PRESS H/O

Ingredients

- 250 mL (1 cup) turkey or chicken broth
- 125 mL (1/2 cup) quinoa
- 10 mL (2 tsp) vegetable oil
- 500 g (1 lb) ground turkey
- 1 onion, minced
- 2 cloves garlic, minced
- 2 mL (1/2 tsp) salt and red pepper flakes
- 500 mL (2 cups) chopped cremini mushrooms
- 1 L (4 cups) chopped spinach
- 50 mL (1/4 cup) crumbled goat cheese
- 4 large red bell peppers, tops cut off and ribs removed

Service Directory

To advertise contact Carmen Kuhmayer at 403-539.4950

IMMIGRATION

Licensed Immigration Consultant offers services with Work Permits and employer's authorization (LMO), Study and Visitors Visas. Permanent Resident applications, Family Sponsorship.

Imagine better. Regulated Canadian Immigration Consultants (RCICs) have the professional skills to make your immigration dreams a reality. Consult <http://secure.icrc-crcic.ca/search/en>.



Contact Us: (403)975-2577-English/Spanish/Russian
ekaterina@empoimmigration.com • www.empoimmigration.com
Attention Recruiting Agencies: It is now illegal to provide immigration services for a fee.

HEALTH AND WELLNESS



You are all invited to join us for Meditation on Twin Hearts on Friday at 7:00pm. This is very simple, yet very powerful meditation with Physical, mental & Psychological benefits. This meditation is free and open to people 16 years and older.

For learning more about this meditation, visit us at www.bodhiwellbeing.com or call us at 403-918-6225.

Of finding a career in filmmaking and a furry friend named Falcor



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Spotlight on success.
From high school dropout to feature filmmaker

Alison Parker used to work at

a sandwich shop in Vancouver just down the road from Columbia Academy.

"One day I took off my apron and walked across the street. They convinced me to apply. I went from a high school dropout to audio student of the year in 2002."

Alison got into the film industry and three years ago became a director. She also adopted a pet ferret named Falcor.

Upset at the way ferrets

were being portrayed in the movies she decided to make a short film to challenge the negative stereotypes. Through sheer determination she raised the funds, found sponsors and convinced many of the cast and crew to volunteer their time.

Jake and Jasper: A Ferret Tale starring Falcor, Connor Stanhope, Andrew Jackson, Blu Mankuma and featuring the music of the Crash Test Dummies is a hit at several international film festivals. Parker is now in pre-production on her first feature-length movie.

"I didn't know it was going to be as big as it was with an all-star cast but I knew in my heart I could make it happen. I'm proud to say I turned my life around. It's never too late."

Lights, camera, advice!

Alison's advice to aspiring filmmakers

- Make films on what you know.
- Be original.
- Be passionate about it. If you love it chances are other people will love it too.
- Use social media daily to promote and grow your fan base.
- Make a clever, great quality promo to help raise funds.

See Alison's hilarious and successful fundraising video at theferretmovie.com.



Alison Parker, film producer and director. PROVIDED



Adventure! Teach English Overseas

- TESOL Certified in 5 Days
- In-Class or Online
- No Degree Required!

1.888.270.2941

Job Guaranteed!

Next in-class course: Apr 18th - 22nd, 2012

Next Seminar: April 10th, 2012 @ 7pm

Travelodge University Hotel - 2227 Banfill Trail NW

www.globaltesol.com



Become a
HEALTH CARE AIDE
in 5 months

Full-Time, Part-Time
Morning, Afternoon, Night
Sat/Sun Classes

\$2000 Bursaries available to all students

ABM College of Health and Technology

1, 3516 -26th St. NE, Calgary T1Y 4T7 (opposite to Greenwood Inn)

www.abmcollege.com info@abmcollege.com

To Enroll Call Now: **403-719-4300**

Practical Nurse Program



Graduates of Columbia's Practical Nurse program work in a variety of settings including acute care centres, continuing care facilities and in the community providing nursing care. Columbia College provides opportunities for individualized learning in small classes. Our faculty are experienced, supportive, and caring. Potential to earn an income up to \$27.09/hr or more to start.

Free upgrading courses may be available to assist learners in meeting minimum entrance requirements.

Proud sponsor of the 2011 College of Licensed Practical Nurses of Alberta Spring Conference

Call today • 403-648-2265!

802 Manning Rd N.E. Calgary, AB



www.columbia.ab.ca/m

Become a
HEALTH CARE AIDE
in 5 months

Other Diploma Programs:

- **Massage Therapy**
- **Medical Office Assistant**
- **Business Administration**
- **Accounting & Payroll**

\$2000 in Bursaries available to all students

ABM College of Health and Technology

1,3516 -26th St. NE. Calgary T1Y 4T7 (opposite to Greenwood Inn)

Call Now: 403-719-4300

www.abmcollege.com

info@abmcollege.com

Read metrodrive every Wednesday.

Junior, I'd like you to meet your life coach



Life coaching generally prioritizes looking towards the future rather than analyzing the past. ISTOCK

Life coaches have become the go-to fad for quarter to mid-life crises sufferers over the last decade, but who says you have to be a grown-up to need a little extra guidance?

Apparently, a growing number of children in NYC are finding themselves distraught over all the responsibilities they're faced with including demanding homework assignments from posh private schools

and vying for the lead role in community theatre productions.

As DNAinfo reports, parents worried about their children's inability to work towards goals can recruit a life coach, including one from the 91st Street Academy. There, children can find support and guidance for problems like school troubles, balancing extra-curricular and concentra-

tion issues — you know, stuff parents don't want to deal with.

The DNAinfo piece tells the story of a troubled third-grader who simply could not stop misplacing his books and jacket. Life coaching, according to his parents, was the answer. So what's the difference, anyway, between a life coach and your run-of-the-mill shrink? According to 91st Street Acad-

emy, "Counselling looks backward at past issues and events while coaching looks forward toward setting steps and goals for the future."

Well since kids don't have a past that spans more than a decade and a half or so, life coaching is perfect for them. For about \$300 a month, a life coach will work with a kid once a week for three hours.

METRO WORLD NEWS IN NEW YORK

ARE YOU LOOKING FOR A JOB?

- ✓ Help with resume
- ✓ Free resume printing
- ✓ Job finding workshop
- ✓ Career counselling

Call today: 403-569-3339

Or visit: 1010-999 36 St. N.E. Calgary AB, T2A 7X6



**Centre for
Newcomers**

Welcoming People from Around the World

ENTER FOR YOUR CHANCE TO WIN



a couples registration into Mount Royal's
Personal Financial Planning course
from April 2 until June 18, one evening a week!



To register and for full contest details visit clubmetro.com

GET REAL

productivity.

TAKE YOUR OFFICE TECHNOLOGY SKILLS TO THE NEXT LEVEL WITH A TWO-YEAR DIPLOMA FROM SAIT POLYTECHNIC. Backed by years of industry-based experience, our instructors support you in developing the practical skills you need to start a rewarding career.

ADMINISTRATIVE INFORMATION MANAGEMENT
Apply now for September, 2012

SCHOOL OF BUSINESS

FURTHER YOUR PASSION

SAIT POLYTECHNIC

BUSINESS • TECHNOLOGY • TRADES **Get Started at SAIT.CA**

Reconnecting children with nature — one tree at a time

ChariTREE is helping get children back outside. They have delivered more than 30,000 saplings to kids across Canada

BEN KNIGHT
life@metronews.ca

One of the simplest ways to connect with nature is to plant a tree.

And ChariTREE is a small Canadian registered charity that helps young children do exactly that.

"Our entire focus is giving trees to children," says founder and executive director Andrea Koehle Jones.

"If they plant the tree, it's empowering them, too. It makes them think positively — that they're helping the

Get outside

"Research studies show kids have much more confidence if they get time to spend outside. Pull them away from the TV. Get them away from the video games."

Andrea Koehle Jones of ChariTREE, speaking about their program to get kids more involved with nature.

planet, and that they have power to make it a better place."

Jones founded ChariTREE on Earth Day, 2006.

She has since delivered more than 30,000 trees to Canadian schools and summer camps.

"The teachers come to me and they ask for trees," she explains.

"They're already teaching

By the numbers

730

The average kilograms of carbon a typical tree will absorb during its lifetime — about 80 per cent of one ton.

kids great things about the environment, but they don't have the money to be buying trees, or the time to search out the right species and have them shipped in. So we do that work for them for free."

If a school is short of trees on its property, the planting can happen there.

If not, children can take their saplings home — and have their own tree growing with them throughout their lives.

"One of the biggest things about what I'm doing is trying to get kids outside more

— giving them more opportunities to connect to nature. I grew up in Toronto, and now I live on a tree-covered island in British Columbia. Many children won't get that opportunity. So giving them a tree — putting a tree in their hands — is an opportunity to get them outside at the simplest level."

Kids planting their trees at summer camp get to see it every summer when they return.

This gives them a tangible sense of how nature works over time.

"Research studies show kids have much more confidence if they get time to spend outside," Jones notes.

"Pull them away from the TV. Get them away from the video games."

"The tree is just a tool for the greater cause of getting kids back outside."

For more info — or to make a donation, visit charitree.ca.



ChariTREE is planting an idea in kid's minds ISTOCK PHOTO

JOB FAIR!

▶▶▶ NOW HIRING ▶▶▶

CAREER CARAVAN

Administrative • Applications Developers
Bus Drivers • Carpenters
Cement Operators • Class 1 Drivers
Construction Managers
Equipment Operators • Estimators
Electrical • Engineers • Fabricators
Field Personnel • General Labour
Heavy Duty Mechanics
Highway Flag Personnel
Human Resources • Industrial Painters • I.T.
Manufacturing • Mechanics
MIG Welders • Millrights • Operations Managers
Plant Maintenance • Pipefitters • Pipeline
Project Managers
Tool Operators • Trades • Welders

▶▶▶ Bring your resume and meet these employers ▶▶▶

IFULP
INDUSTRIAL FUEL PROCESSING UNIT

ENERFLOW INDUSTRIES INC.

Jerry Meil

EVRAZ

Young EnergyServe Inc.

GREYHOUND

Alberta Traffic Supply

Money Mart

SOUTHLAND

RSB LOGISTIC

The Carriage House Inn

9020 MacLeod Trail South

Wednesday ▶▶▶ March 28 ~ 10am to 7pm

Thursday ▶▶▶ March 29 ~ 9am to 6pm

FREE Admission and lots of parking!

Queen of Green

Don't let the bed bugs bite



QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

What are eco-friendly options to prevent and kill bed bugs?
Debbie of Edmonton

To prevent bed bugs, keep clutter to a minimum. Bed bugs thrive in clothes, newspapers and piles of stuff in general.

And stay vigilant. Watch for notifications within your apartment building, local libraries and hotels. Check the Internet for bed bug identification tips, so that you can report them immediately — before they spread.

Generally speaking, high heat or extreme cold kills bed bugs. Try these tips from my friend, Adria Vasil, author of *Ecoholic*, if you already have bed bugs:

- Steam clean your mattress and then fit the mattress with a tightly woven barrier sheet (organic cotton barrier sheets will also keep out dust mites).
- Wash everything, including curtains, bedding and removable upholstery



in hot water. (You may need to do this more than once.)

- Physically remove bed bugs with the vacuum and then carefully empty and clean the vacuum canister and filter.

- Sprinkle diatomaceous earth around baseboards.
- Try an enzyme-based product like Klean Green.

Diatomaceous earth is also used to control silverfish, fleas and roaches in the home. Sprinkle a small amount along cracks and baseboards, or above the cupboards. Naturally occurring diatomaceous earth is made from crushed fossilized algae. This fine powder is like glass. It is so abrasive that it damages

the protective outer shell of creepy crawlies. When that protective exoskeleton is pierced, insects dry up and die. Ask for it at your local garden store.

Klean Green is an organic blend of enzymes specifically designed to naturally remove and eliminate dirt, germs, bacteria, odours and pests, including bed bugs, lice, scabies, crabs, fleas, mites and more. I've never used this product but it beats toxic pesticides, so it could be worth a try! It claims to be non-toxic, no-residue formula, non-flammable, hypoallergenic and biodegradable.

FOR MORE QUEEN OF GREEN VISIT
DAVIDSUZUKI.ORG/GREENLIVING

Sports in pictures



1 Skiing. A silver sendoff

Anna Goodman won a slalom silver medal at the Canadian Championship in Mont-Saint-Anne, Que., on Sunday in her last race before retiring. The 26-year-old from Pointe Claire, Que., finished behind Marie-Michele Gagnon and ahead of Madison Irwin and Kristina Riis-Johannessen who tied for third.

THE CANADIAN PRESS

2 NHL. Crosby finds the net

Sidney Crosby scored in his second straight game and added an assist to help the Pittsburgh Penguins beat the New Jersey Devils 5-2 on Sunday night.

THE ASSOCIATED PRESS

3 IndyCar. Castroneves 1st to the finish

Helio Castroneves passed Scott Dixon to win the IndyCar season opener in St. Petersburg, Fla., where he celebrated with a tribute to the late Dan Wheldon.

THE ASSOCIATED PRESS

Woods serves notice ahead of Masters



Tiger Woods waves to the gallery after winning the Arnold Palmer Invitational on Sunday. JOHN RAOUX/THE ASSOCIATED PRESS

Golf. Embattled star returns to winning ways on PGA Tour with victory in Orlando

Tiger Woods finally brought the buzz back to the very thing that made him famous — winning.

Two weeks after another injury scare, Woods looked as dominant as ever in the red shirt on Sunday to win the Arnold Palmer Invitational at Bay Hill in Orlando.

It was his first PGA Tour victory since a sex scandal at the end of 2009 led to one of the greatest downfalls in sports.

Woods closed with a 2-under 70 for a five-shot win over Graeme McDowell.

The question two weeks ago was when he could play again. Now, it's whether he can get back to the player who once ruled golf.

Even though he won the Chevron World Challenge last December, this was meaningful for Woods — a full tour event against a strong field.

The final hole was a mere formality, and Woods tapped his putter on the ground waiting for his turn, knowing that his 30 months without a win on the PGA Tour was about to end. He walked off the green with his arm extended, waving his cap to a raucous gallery.

"It does feel good. It feels really good," Woods said before signing his card. "It's been a lot

Bay Hill's best

7th

Sunday's win at Bay Hill was Tiger Woods' record seventh in the event.

of hard work."

Woods finished at 13-under 275 for his 72nd PGA Tour win, one short of Jack Nicklaus for second place on the career list. But that's not the record Woods wants. He has 14 majors, four short of the Nicklaus standard — now he'll try to end a four-year drought at the Masters, which starts April 5.

"I am excited, no doubt," Woods said. "I'm looking forward to the momentum I've built here."

It was the first time Woods had all four rounds under par since he returned from his personal crisis at the 2010 Masters.

McDowell made a 45-foot birdie putt and a 50-foot eagle putt early in the round to try to stay close, though he was never closer than two shots after starting with a double bogey. He closed with a 74.

Only two weeks ago, Woods was taken off Doral in the final round with tightness in his left Achilles tendon, the same injury that caused him to miss three months and two majors last year. It turned out to be a mild strain, and Sunday was the eighth straight day that Woods played golf — starting with a practice round last Sunday at Augusta. THE ASSOCIATED PRESS

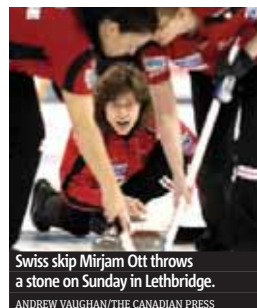
Palmer leaves tournament with health concerns

Arnold Palmer was hospitalized overnight after doctors noticed a rise in his blood pressure.

- Palmer wasn't on the 18th green Sunday at the Arnold Palmer Invitational to see Tiger Woods end his PGA Tour drought.

- Alastair Johnston, Palmer's longtime business manager, said the 82-year-old is on new medication and was checking his blood pressure throughout the final round. About 15 minutes before the tournament ended, doctors noticed enough of an increase to take him to the hospital for closer evaluation.

Swiss women win world curling gold



Swiss skip Mirjam Ott throws a stone on Sunday in Lethbridge. ANDREW VAUGHAN/THE CANADIAN PRESS

Switzerland's Mirjam Ott won the gold medal at the Ford Women's World Curling Championship with a 7-6 win over Sweden's Margaretha Sigfriddson on Sunday in Lethbridge.

It was the first women's world championship for Ott and the first for Switzerland since 1983 when Erika Mueller was victorious in Moose Jaw, Sask.

"It feels just great, really great, we're so emotional,"

Ott said. "I've been waiting a long while and we finally did it, I'm so happy for the team. It is really great to win in Canada and the crowds were cheering for us and for good shots."

Switzerland had lost to the Swedes in both the preliminary round and a playoff game, but beat them when the stakes were the highest.

Earlier Sunday, Canada's Heather Nedohin won bronze with a 9-6 win over South

Korea.

The South Koreans had knocked Nedohin's Edmonton rink out of contention for gold Saturday with a 4-3 win in a playoff game, but the Canadians won the rematch.

"For us, it's all about winning your last game and for us, we went out and played solid right until the end," Nedohin said.

"A medal at this level is a very proud moment."

THE CANADIAN PRESS

4 SPORTS

In brief

'Dream becomes a reality' in Quebec City

It's official. Quebec City says it will begin construction on a new NHL-style arena this September. Now all the city needs is a team to play in it. Mayor Regis Labeaume announced Sunday the \$400-million arena will hold about 18,000 people, saying it would be comparable to a facility the Pittsburgh Penguins moved into a year ago.

"Today, the dream becomes a reality," he told reporters at a news conference. Labeaume said the city can proceed with the project after finalizing an agreement with Quebecor on Friday, a week before a March 31 deadline.

The media empire landed the naming rights for the future arena and was granted exclusive rights to manage the facility. If an NHL team is acquired, Quebecor would hand over \$63.5 million for naming rights, plus \$5 million in annual rent. Without one, the company would pay \$33 million for the rights and an average of \$3.15 million annually for rent.

THE CANADIAN PRESS

Flames preview

Dallas at Calgary 7p.m.

(Sportsnet West)

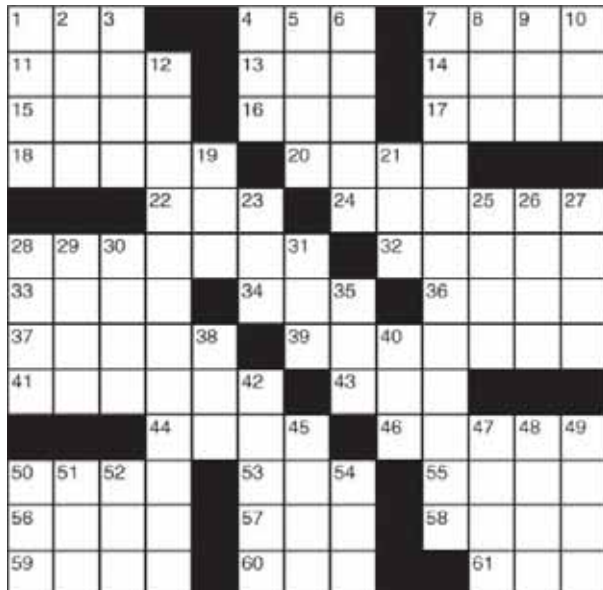
The Flames (34-27-15) host Dallas (41-29-5), a team four points ahead of them in the Western Conference playoff race. Jamie Benn scored twice as the Stars beat Calgary in Dallas 4-1 on Saturday. Benn has 24 goals this season. March has been Kari Lehtonen's month best since October, posting a 7-2-0 record with a 1.73 goals-against average, 942 save percentage and two shutouts. Michael Ryder has three goals in his last three games and has scored a career-high 33 this season.

THE CANADIAN PRESS

Crossword

Across

- 1 — Wan Kenobi
4 Health resort
7 Recording
11 Swimming venue
13 LummoX
14 Thing
15 Opposed to
16 Buddy
17 Options list
18 Rife with foliage
20 Toothpaste container
22 Hearing organ
24 Shoe without laces
28 Sleep-wear
32 Trap
33 Verve
34 Wrinkly-faced dog
36 Faucet problem
37 Gives temporarily
39 "The Big Bang Theory" star Jim
41 Birdcage attachment
43 Swab the floors
44 Way out
46 Stretchy candy
50 Pop singer Lady —
53 To and —
55 Col. Mustard's game
56 Settled down
57 Legislation
58 Into the sunrise
59 Big party
60 Storm center
61 Next-to-last Greek letter
Down
1 October birthstone
2 Skeletal component
3 Tiny amount



- 4 Weep
5 Role
6 In a state of conflict
7 Ontologists' concerns
8 Dined
9 Corral
10 Flightless bird
12 Vivaldi important
19 Sweet potato
21 Derek and Diddle
23 Knock
25 Gambling game
26 Ms. Brockovich
27 Agents, for short
28 Riches
29 Sheltered

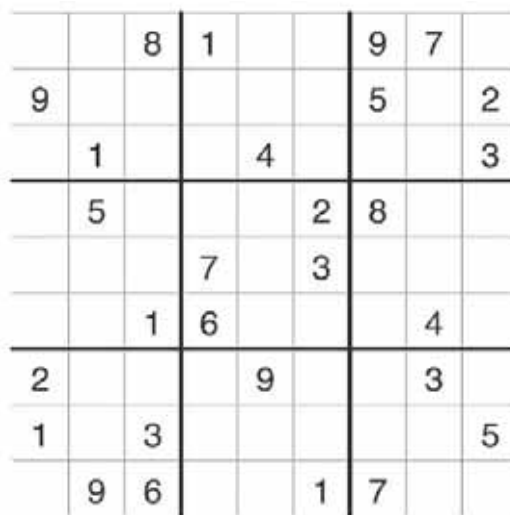
- 30 Tarzan's wife
31 Dine
35 Leg, slangily
38 Gender
40 Deterioration
42 Winchester or Springfield
45 Salver
47 Envelope part
48 Commotion
49 Bigfoot's cousin
50 Talk on and on
51 Chicken king
52 Our soldiers
54 Have bills

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer



Send a kiss

- To Dee.** I'm younger, you're older. I was brought up in a conservative household, you were brought up in a liberal one. I'm time-oriented, and you take your time to make things right. We have so many things not in common... but that's what makes our relationship so special. Thank you for everything and more. Cheers to a bottom-less pit of memories and love. From Ree
- Yes.** You already won me, just gotta go get me, but I can get you too. From Yes
- Either.** because im single, maybe your not? But you want it up to me, im fine with that, don't overthink it, not a bad thing, same thing you did before would be awesome. But it can be up to me, just hope you really let me... From Way u Missed Connection
- Same.** You know it's been this way for me too, but now pretty sure I know why. And when everything said and done with my life, I can maybe be beside you if you do what you gotta do. From here

Weather

MONDAY



MAX: 1°
MIN: -5°

TUESDAY



MAX: 6°
MIN: 2°

WEDNESDAY



MAX: 9°
MIN: -1°



ANDREW SCHULTZ
WEATHER SPECIALIST
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".
WEEKDAYS 5:30 AM

Horoscope

♈ Aries | March 21 - April 20.

Try to keep your more caustic comments to yourself or you'll spend the next few days apologizing.

♉ Taurus | April 21 - May 21.

Somewhere along the line you have made an embarrassing, and maybe costly, mistake but you must not let it affect your confidence.

♊ Gemini | May 22 - June 20.

You just know that someone is keeping something from you and it's causing you a fair bit of anguish.

♋ Cancer | June 21 - July 22.

You may find it harder than usual to express yourself today but that's probably no bad thing.

♌ Leo | July 23 - Aug. 22.

Why

are you finding it hard to be cheerful when so many things are going your way?

♍ Virgo | Aug. 23 - Sept. 22.

You really don't care what other people think but even so it might be wise to listen to their criticisms today.

♎ Libra | Sept. 23 - Oct. 22.

The best way to deal with someone who is giving you a hard time today is not to give them a hard time in return but to be nice to them.

♏ Scorpio | Oct. 23 - Nov. 21.

Make sure you have got your facts right before wading in with an opinion

♐ Sagittarius | Nov. 22 - Dec. 21.

Take care not to fall out

with someone you usually get along with quite well over what is really a trivial matter.

♑ Capricorn | Dec. 22 - Jan. 20.

You may be impatient to get started on something you have been planning for ages.

♒ Aquarius | Jan. 21 - Feb. 18.

This is a good day for thinking but maybe not such a good day for actively pursuing your ambitions.

♓ Pisces | Feb. 19 - March 20.

Mercury in your sign is at odds with Saturn, which suggests you may not be thinking straight over the next 24 hours. Fortunately, Pisces is a sign that relies more on intuition — and your instincts are perfect as usual.

SALLY BROMPTON



Caption Contest

"If there are angry birds, there will be floating pigs!"

Honey

KIN CHEUNG / THE ASSOCIATED PRESS

Win!



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Wednesday's Metro.

LIVE YOUR PICTURE IN KENSINGTON

PIXEL
BY BATTISTELLA

NOW UNDER CONSTRUCTION
403.290.1664

pixelcondos.ca
PRESENTATION CENTRE
1120 KENSINGTON ROAD NW

SCAN FOR YOUR FREE EXPERIENCE ON US!

pixelcondos.ca

BATTISTELLA
DEVELOPMENTS
battistella.ca

IN PARTNERSHIP WITH



Photo: Steven Primm

WE CAN TAKE YOU TO SPACE!

Metro will be the first newspaper to send a reader into space – and it could be you! Imagine feeling the sensation of weightlessness, seeing the planet from above and participating in the trip of a lifetime.

Visit WWW.METROinspace.COM for your chance to win.

The winner of the contest will be announced on April 12th.



metro 

There are things that only the world's largest newspaper can do.

WWW.METROinspace.COM